

A Collection of mostly South Indian Recipes

November 14, 2009

1 BREAKFAST

1.1 ADAI (A type of pancake made from dhals)

1 c. rice	2 hot green chilies
1/4 c. chana dhal	3/4 cup water
1/4 c. urad dhal	1/8 tsp. asafoetida
1/4 c. toor dhal	salt to taste
2 red chilies	1/4 cup vegetable oil

Mix rice and dhals together and soak in water for 3 hours. In a blender, grind the mixture of rice and dhals with the green and red chilies, adding about 3/4 cup of water. The mixture should not be ground finely. It should be of a coarse nature and a thicker consistency. Mix asafoetida and salt with it. The batter should not need to be fermented. Adai can be made as soon as the batter is ready. Over medium heat, brush the griddle with oil. Pour 1/3 cup of batter over the griddle and spread it around. It should be thicker than Dosai. When golden brown, turn it over to cook the other side. Take it out of the griddle and serve hot. Makes about 8 Adais. Goes well with coconut chutney.

1.2 APPAM (A type of pancake made from rice flour)

1 c. rice	1/2 c. water.
1/4 tsp. fenugreek	1/8 tsp. baking soda
1 c. cooked rice	1/4 c. vegetable oil
3/4 tsp. salt	1/3 c. coconut milk

Batter has to be ready a day ahead of making this dish. Mix rice and fenugreek together in water for 3 hours. Grind it in a blender very finely with cooked rice and salt, adding about 1/2 cup of water. Leave the batter on the top of the refrigerator or inside the oven for 24 hours to be fermented. An hour before making Appam add coconut milk and baking soda and make sure that the batter is of pouring consistency. Over medium heat, spray oil in a fry pan which has a round bottom. When hot, add 1 tablespoon of dough in the middle of the pan. Holding the side handles of the shake it in such a way that the batter will spread all over the bottom of the pan and make a circle. Close pan with a lid. In 2 minutes open lid to see if there is any uncooked dough. If not, Appam is ready. Makes 8 Appams. Eat with sugar and coconut milk. Brown or white sugar can be added with the batter if you prefer it to be sweet. Reduce salt to 1/4 teaspoon if adding sugar.

1.3 CHAPPATHI (A flat round bread made from wheat flour)

1 c. whole wheat flour	2 Tbsp. vegetable oil
1/4 c. all purpose flour for dough)	1/2 c. water
1/2 tsp. salt	1/4 c. all purpose flour (for dusting)

Mix flours, salt, oil and water and make a dough. Knead the dough for about 8 - 10 minutes to make it soft. Cover it with a damp cloth and leave it aside for about 1 to 3 hours. After 3 hours knead the dough again and divide it into 8 small balls. Roll the balls into a thin round pastry, of about 5 inches in diameter. If it sticks to the surface when you flatten the ball, you may dip the pastry in the extra all purpose flour and keep the surface dusted with flour.

Over medium heat on a hot griddle, place the uncooked CHAPPATHI. When one side becomes slightly brown, turn it over for the other side to be cooked. Take it out of the griddle and hold chappathi with tongs over a medium flame on the top of a gas range. Expose both sides of chappathi to the flame for a few seconds. It will puff beautifully. Serve it hot. Apply melted butter. Tastes good when eaten with kurma. 2 to 3 servings.

1.4 PLAIN DOSAI (Rice pancakes)

1 c. rice	7 Tbsp. water
1/4 c. urad dhal	1 tsp. salt
1/4 tsp. fenugreek	12 tsp. melted butter
1 Tbsp. cooked rice	

The batter for Dosai has to be ready a day ahead during the summer and two days ahead during winter before preparation. Soak rice and urad dhal separately for 3 hours. Fenugreek can be soaked with urad dhal. In a blender, grind soaked rice with 1 tablespoon of cooked rice and 3 tablespoons of water. Urad dhal and fenugreek have be ground with 4 tablespoons of water. Mix ground dough together well adding salt. Keep the batter outside on top of the refrigerator for 24 hours to be fermented. Grease a fry pan or griddle with butter over medium heat. Pour 1/2 cup of batter over griddle and spread it into a thin round pastry. Pour 1 teaspoon of melted butter around it and another teaspoon of melted butter on top. When bubbles appear on top of the batter, about 2 minutes after being poured, turn it over. When both sides become golden brown, remove from griddle and serve hot. Makes 6 Dosai. Good to eat with coconut chutney and sambar.

1.5 EGG DOSAI

1 egg per dosai	2 tsp. vegetable oil per dosai
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Make batter ready as for plain dosai .Beat an egg in a cup with a fork. Grease hot griddle with 1 teaspoon of oil over medium heat. Pour 1/2 cup of batter over the griddle and spread it with a spoon into a round pastry. Pour the 1 beaten egg over the dosai. Add 1 teaspoon of oil around dosai. In about 3 minutes you'll see bubbles on the top of the dosai. Turn dosai over for the other side to be cooked. Remove from skillet when golden brown. Serve hot.

1.6 ONION DOSAI

1 Tbsp. butter (melted) per dosai 1/2 c. onion cut long per dosai

Make the batter as described for plain dosai. Pour 1/2 cup of batter from pitcher into greased. skillet. On top of the pancakes, spread 1/2 cup long thin cut onions and sprinkle 1 tablespoon of melted butter over it. Turn pancakes when bubbles appear. When it becomes golden brown, remove from skillet.

1.7 MASALA DOSAI

Ingredients for Filling:

3 medium sized potatoes	1/2 tsp. ginger chopped
1/2 c. carrots and peas (frozen)	2 Tbsp. hot green chilies chopped
3 Tbsp. oil	1 Tbsp. coriander leaves chopped
1/2 tsp. mustard seeds	1/8 tsp. turmeric
1/2 tsp. urad dhal	1 tsp. salt
1/2 tsp. chana dhal	1/4 tsp. lime juice
2 c. onions (chopped lengthwise)	1 c. water

Boil potatoes and peel the skin off. Cut potatoes into small squares. Boil carrots and peas with 1/4 cup of water. When cooked, strain any extra water. . In a frying pan over medium heat, heat the oil. Add mustard seeds, urad dhal, chana dhal and saute. When the dhals turn into golden colors add the onion, ginger, chilies, coriander leaves and turmeric. Cook over slow fire. Add prepared vegetables and salt and saute. Add lime juice and 1 cup of water. Let the mixture come to a full boil. When half of the water evaporates, remove from heat and the filling is ready. Make plain dosai on griddle. When both sides of dosai become golden brown, put 1/2 cup of the above described potato filling in the middle and fold it in half circle shape. Each dosai takes 1/2 cup of the potato filling.

1.8 AVAL DOSAI (A type of pancake made from rice flakes called aval which can be obtained only in the Indian stores.)

2 c. rice	1/1 c. yogurt
3/4 c. aval (thick) or 1 c. aval (thin)	salt to taste
	1/4 c. vegetable oil

Soak rice in water for 3 hours. Wash aval and soak it in yogurt or buttermilk. Grind aval with yogurt and rice. Use enough water to make the batter a pouring consistency. The batter should neither be too thick nor too thin. If to be used immediately, more yogurt may be added as per taste. Grease the skillet over medium heat. Pour 1/3 cup of batter and spread it into a thin round pancake. When golden brown, turn it over. Makes about 15. Tastes good with chutney or sambar.

1.9 ALL PURPOSE FLOUR DOSAI

1 c. all purpose flour	1 1/2 tsp. salt
1/2 c. buttermilk pancake mix	3 c. water

1 1/2 Tbsp. whole wheat flour	2 tsp. cumin seed
1 1/2 Tbsp. rice flour	1 tsp. mustard seed
1 1/2 Tbsp. cream of wheat	1 tsp. green pepper chopped
1 1/2 Tbsp. cream of rice	1/2 c. oil
1/4 c. buttermilk	

Mix ingredients (1 through 8) in water and make the batter. Leave the batter out for 3 hours. After 3 hours, fry cumin seeds, mustard seeds, green pepper with 2 tablespoons of oil in a skillet over medium heat until they pop up. As soon as you hear the cracking noise, pour this mixture into the already prepared batter and mix it well. Over medium fire, grease the skillet. Pour 1/2 cup of batter over skillet and spread it around into a thin pastry with a spoon. Spread 1 teaspoon of oil around pancake. When the flour on top of the pancake seems to be cooked, turn it over. When golden brown, remove from skillet. Serve hot. Makes 10 dosai. Eat with coconut chutney and sambar.

1.10 IDLI (Steamed rice patties)

The dough for idli has to be ready a day ahead of preparation. Soak rice and urad dhal separately for 3 hours. Blend soaked rice with 1 tablespoon of water, cooked rice with 1 tablespoon of water and urad dhal with 1/3 cup of water. All three items have to be ground finely. Mix all three batters together adding the needed salt also. Keep the batter outside on top of the refrigerator for 24 hours to be fermented. If using idli plates that go inside the pressure cooker, grease the plates with oil and fill the holes with batter. Steam cook inside the pressure cooker for 7 minutes. If using idli plates that have its own steamer (idlipan) spread damp white cloth on the top of the holes and fill the holes with batter and steam cook. Makes about 10 idlis. Eat with coconut chutney, sambar and idlipodi. (Note: Idlipodi is a powder made from sauteing 1 cup of red chilies, 1/2 cup of urad dhal, 1/4 cup of chana dhal and 1/4 cup of sesame seeds in a drop of oil until golden brown and then grinding them into a coarse powder.)

1.11 Cream of Wheat IDLI (Steam cooked patties made with cream of wheat)

1/2 c. urad dhal	1 c. water
1 c. cream of wheat	salt to taste
blender	

Batter has to be ready a day ahead of preparation. Soak urad dhal in water for 3 hours and grind it with 1/2 cup of water. Put cream of wheat on the damp white cloth which goes over the idli plates and steam cook for 10 minutes. Mix steam cooked cream of wheat with urad dhal batter, and salt adding about 1/2 cup of water. Leave the batter outside for 24 hours to be fermented. Pour batter over the cloth spread on the holes of the idli plate and steam cook either inside idli pan or inside a pressure cooker.

1.12 KICHADI (A preparation with rice sticks)

8 oz. rice sticks	1 c. frozen peas and carrots
3 c. water	2 green peppers

1 potato	1 small onion, chopped
1 tomato	5 Tbsp. oil.

Spices to be sauteed first:

1/2 tsp. fennel seeds	1/2 tsp. cinnamon
1 tsp. garlic (chopped)	2 cloves
1/2 tsp. ginger (chopped)	2 cardamom
1/8 tsp. turmeric	2 tsp. salt

Boil rice sticks with 3 cups of water in a saucepan until they become soft (not too soft). Drain excess water and keep it aside. Cut all vegetables into small sizes except onion which should be cut lengthwise. In a frying pan, heat oil and saute fennel seeds, garlic, ginger, cinnamon, cloves and cardamom. Two minutes after adding these, add turmeric, pepper and chopped onion. Keep stirring the mixture. Two minutes later, add the rest of the vegetables and salt. Keep stirring until all the vegetables become soft. When vegetables are cooked, add the cooked rice sticks and mix the whole mixture and remove from stove. Tastes good when served hot.

1.13 PARATTA (*An Indian bread*)

2 c. 011 purpose flour	1/2 c. cold water
1/2 c. oil	1/4 c. oil (to sprinkle
1 tsp. salt	and fry)

Mix the flour, salt, oil and water to make the dough. Knead it and make it smooth like a play-dough. Divide the dough into 6 small balls. Cover it with a damp cloth and leave it aside for about 3 hours. After 3 hours, take each ball separately, dip it in a little oil and spread the ball into a very thin round pastry. Spread it as far as it can go. Applying little oil, fold the round pastry into pleats like making a hand fan. Holding the pleats in one hand, twirl the foldings into a round flat patty. Leave the pastries in a pan airtight for 15 minutes. After 15 minutes, sprinkle oil on each pastry. Roll them out into circle of 4 inches in diameter without unfolding the pleats. Grease the skillet over medium heat. Drop paratta on the skillet. When it turns slightly brown, turn it over for the other side to be cooked. Take it out when golden brown. Apply melted butter to make it soft. Keep parattas airtight. Good to eat when hot. Goes well with meat or vegetable kurma.

1.14 POORI

1/2 c all purpose flour	3/4 c water
1 c. wheat flour	1/4 tsp. salt
1 1/2 Tbsp. butter (melted)	1 c. vegetable oil

Combine all purpose flour, wheat flour and salt in a mixing bowl. Heat butter until it is very hot and smells. Pour it in the mixing bowl over the flour carefully and mix slowly. Then add water gradually and knead to a light, but smooth dough. Knead on a lightly floured surface several minutes, until smooth and and elastic. Pinch off about 1 tablespoon dough and form a small ball. You can make about 25 balls. With a rolling pin, flatten the balls as much as it can go into thin round pastries. Fry in

hot oil until puffed and become golden. Takes only a few seconds for each to be deep fried. Good to eat when it is hot. Serve it with potatoes. Poori looks and tastes more or less like the flour tortillas (sold in all grocery stores to make tacos) being deep fried in oil.

1.15 PUTTU (Steam cooked rice flour)

1 c. rice flour	1/2 c. sugar
1/8 tsp. salt	1/2 c. coconut
1/2 c. water	7 pods cardamom

Mix rice flour, salt and water and steam cook in a pressure cooker for 5 minutes. Add sugar, coconut and powdered cardamom. Mix well. Can be served as a snack also. Makes into 2 cups.

1.16 UPPUMA A cream of wheat preparation more or less like the Southern grits but is mixed with Indian spices

1 c. cream of wheat	1/2 tsp. ginger pieces
1/2 tsp. mustard seeds	2 Tbsp. onions {chopped}
20 cashew nuts	1 hot green pepper, chopped
2 tsp. split urad dhal	2 c. water
4 Tbsp. vegetable oil	3/4 tsp. salt

Slightly brown cream of wheat for 4 minutes in a skillet over medium heat and set it aside. In another pan, saute mustard seeds, cashew nuts, urad dhal in oil over medium heat until golden brown. Add ginger, onion, chopped green pepper and let it simmer uncovered for three minutes. Add 2 cups of water and salt with the boiling ingredients. Let the water come to a full boil. Add the browned cream of wheat while stirring. Keep on stirring for 5-7 minutes and by that time cream of wheat will be well cooked. It is good when served hot. Cooked uppuma comes up to 3 cups. Eat uppuma with chutney or yogurt and pickles.

1.17 VENPONGAL (A rice preparation with moong dhal)

3 c. water	1 stick butter
1/3 c. moong dhal	1 tsp. whole black pepper
1 c. rice	20 cashew nuts
1 tsp. salt	1 tsp. cumin seeds

Add 3 cups of water with moong dhal, rice and salt and cook it on the stove over medium heat. When the mixture becomes soft and the water is gone, take it out of the stove. If you cook it in a pressure cooker it will be cooked in 5 minutes. Over medium heat, melt the butter in a frying pan. Add the pepper to it and saute. Add the cashew nuts. A minute later add the cumin seeds. As soon as the pepper and cumin seeds start to pop and the cashews turn golden brown, remove the pan from the stove and pour the golden mixture into the cooked rice and moong dhal. Serve it hot. Eat venpongal with Sambar. Serves enough for 4 people.

1.18 IDLY VEGETABLE SANDWICH

2 c. rice	1 tsp. mustard
1 c. urad dhal	1/2 tsp. turmeric powder
1/4 head cauliflower	6 tsp. oil
1 carrot	1 Tbsp. curry leaves
1 potato	2 Tbsp. coriander leaves
1 onion	chopped
2 tsp. coconut flakes	1 tsp. salt
	1 tsp. masala powder (optional)

Prepare batter as for IDLY (in the Breakfast Section) using the rice and urad dhal. Peel potato. Shred carrot and potato. Cut onion and cauliflower into small pieces. In a fry pan, heat 4 tsp. oil and saute cut vegetables and coconut flakes for 5-10 minutes. Add salt, turmeric and the optional masala powder. In another fry pan, saute mustard seeds in 2 tsp. oil until they pop, add curry leaves and swirl for a minute. Add to batter. Add the coriander leaves to the batter and mix well. Grease idly-plates. First add 2 Tbsp. of batter to each hollow then 1 tsp. fried vegetables, then top off with 1 Tbsp. of the batter. Steam cook for 5-7 minutes.

1.19 TOMATO BREAD UPPUMA

6 slices white bread	2 green chillies
2 large onion, sliced	4 cloves garlic
1 large tomato, sliced	1 tsp. coriander powder
1 Tbsp. ghee	1/4 c. chopped coriander
1 tsp. mustard seeds	leaves
salt to taste	

Cut bread slices into medium sized cubes. Heat ghee and saute mustard seeds until they pop. Add sliced onions and when golden brown, add green chillies, garlic, coriander powder, and sliced tomato pieces. When gravy becomes thick, add bread cubes and cook till bread is soaked and soft. Add coriander leaves and mix uppuma well.

1.20 MASALA BREAD

6 tsp. grated coconut	lime-sized turmeric
2 tsp. pottu kadalai	2 Tbsp. coriander leaves
1 1/2 tsp. coriander seeds	1/2 onion chopped
1 Tbsp. poppy seeds	3 cloves garlic
4 red chillies	salt to taste
ghee for frying	6 slices white bread

Grind first 10 ingredients into a fine paste, adding very little water. Smear on both sides of the bread slices. Shallow fry in a little ghee until brown. Serve with coconut chutney.

2 KINDS OF RICES

2.1 BISI BELA HOLI (Sambar Bath) Rice cooked with vegetables

Ingredients for 4 servings:

Masala Ingredients:

2 tsp. ghee	2 inches cinnamon sticks
2 Tbsp. chana dhal	2 cloves
2 Tbsp. coriander seeds	2 cardamom
6 red chillies	2 Tbsp. grated coconut
1/4 inch square asafoetida (powdered)	1/4 inch ginger

Fry the above ingredients in 2 tablespoons ghee over slow fire until golden brown and grind them into a smooth paste.

Vegetables:

1 (big) potato	tamarind {size of a lime)
1/4 cauliflower	1 c. rice
2 carrots	1/2 c. toor dhal
10 beans	1 tsp. salt
2 (big) onions	1/8 tsp. turmeric
1 (big) tomato	12 cashew nuts
1 c. green peas	12 raisins
1 bell pepper	1/2 c. ghee
	2 Tbsp. coriander leaves

Cut the vegetables into big pieces and wash them well. Soak tamarind in 3 cups of water for 1/2 hour and extract the juice from the pulp. Wash rice and dhal and strain the water. Mix rice, dhal, tamarind water and vegetables, masala paste, salt and turmeric powder. Pressure cook for 15 minutes. Fry nuts and raisins in ghee and add to the bath. Garnish with coriander leaves. Serve hot.

2.2 CAULIFLOWER PULAV

Ingredients for 6 to 8 servings

1 1/2 c. basmati rice	2 medium onions, chopped
1 stick butter	12 cloves garlic chopped
8 oz. frozen cauliflower	2 crushed cardamom
2 tsp. salt	1 stick cinnamon
1/2 tsp. black pepper powder	6 cloves
1/2 tsp. red pepper powder	
1/2 inch ginger	1/2 tsp. coriander powder
2 Or 3 green chillies	2 1/3 - 3 c. water
1 tsp. cumin seeds	5 Tbsp. sour cream

Wash rice thoroughly and soak it in water for 1/2 hour. Heat butter. Fry cauliflower with 1 tsp. salt black and red pepper until it is half cooked. Remove cauliflower from the butter and fry onion and garlic in the same butter. Add cardamom, cinnamon, cloves and rice and fry for a few more minutes. Add fried cauliflower sprigs, sliced ginger, green chillies, salt (1 teaspoon), cumin seeds and coriander powder. Continue to fry for 5 minutes. Add 2 1/2 to 3 cups of water. Then add sour cream. Cover and cook until all water evaporates. Pour the mixture in a greased metallic or Pyrex ware and cook it inside the oven at 300 degrees for 20 to 30 minutes. Garnish pulav with sliced onion, cucumber, tomatoes and toasted almonds.

2.3 BIRIYANI (Game-hen, Lamb, Chicken)

4 lb. meat (cut)	3 cups basmati rice
2 tsp. saffron	2 Tbsp. hot milk
1 Tbsp. oil	3 onions sliced
1 tsp. cumin seeds	
4 pieces cinnamon	10 cloves
12 pieces cardamom	2 bay leaves
5 cloves garlic	2 inch ginger
2 green chillies	1 Tbsp. lemon-juice
1 tsp. cayenne pepper	
2 cups yogurt	1 cup coriander leaves
1 cup mint leaves	1 tsp. green chillies
1 tsp. salt	(chopped)
1/4 cup raisins plumped in hot water	1/4 cup almond slivers (roasted)

Soak rice in salted water for 3 hours. Wash a couple of times. Warm milk and dissolve slightly roasted saffron in it. Heat oil, add half the cardamom, cloves, cinnamon and bay-leaves, and stir once; throw in cumin stir once; saute 2 sliced onions in heated oil over high flame until edges brown. Grind garlic, ginger and chillies to a paste with some water in a processor or blender. Add to the onion and saute for 2 minutes. Add cayenne pepper and stir once. Add meat and brown on all sides Reduce heat to a simmer, cover and cook for 10 minutes. Chop mint and coriander roughly and add to yogurt. Add green chillies and half the milk-saffron mixture to yogurt. Add half the yogurt mixture, salt, 1/4 cup water to the meat, bring to a simmer, cover and cook on a low flame for 10 minutes. Uncover, add lemon-juice and cook for an additional 10 minutes. Add 1 tsp. salt.

Meanwhile bring 2 quarts of salted water to a boil. Add drained rice and rest of cardamom, cloves, bay-leaf and cinnamon. Bring to a boil and half cook (7 minutes). Drain all the water. Transfer the meat mixture to a oven-proof casserole. Add the rest of the yogurt mixture as a layer. Layer the half cooked rice on top. Make a hole and pour the rest of the milk-saffron in it. Cover with a moist cloth or paper-towels. Cover this with aluminum foil and lid (if available).

Bake in preheated oven at 325 F for 30 minutes. Uncover and cook for 10 minutes. Garnish with almonds, raisins and browned onion slices.

Serves 8 people.

2.4 CHICKEN BIRIYANI

Ingredients for 6 to 8 servings

4 lb. chicken (cut)	3 cups basmati rice
1 coconut	1 Tbsp. salt

Masala Ingredients:

2 inch ginger	1 1/2 tsp. poppy seeds
4 pods cardamom	2 tsp. fennel seeds
1 1/2 garlics (whole)	3 in. cinnamon
2 Tbsp. mint leaves (chopped)	2 green peppers
10 cashew nuts	7 cloves
	1/2 cup coriander leaves (chopped)

Grind these spices with 1/2 cup water and make a masala paste.

Spices to be sauteed:

4 cloves	15 cashew nuts
1 1/2 inches cinnamon	2 sticks butter
	1 c. onion (cut)
1/4 tsp. turmeric powder	1 Tbsp. mint leaves
5 bay leaves	2 Tbsp. coriander leaves
4 cardamom	

Grind coconut pieces and extract 6 cups of milk.

In a heavy bottomed 6 quart saucepan, saute all above mentioned spices in 2 sticks butter. When they all turn into golden color, add the ground masala paste. Stir the mixture. Two minutes after that, add the well cleaned chicken pieces and salt. Keep on stirring for 5 minutes. Add 2 cups of Coconut milk. When chicken is 3/4th cooked, add the rest of the coconut milk. When the whole mixture boils, add the washed basmati rice. When rice is half cooked, pour the whole mixture into oven ware tray and place it inside the oven at 250 degree. Biryani will be ready in 20 minutes. Serve It with yogurt pachadi.

2.5 COCONUT RICE

Ingredients for 4 to 6 servings

1 c. rice	11 cashew nuts (split into 2)
2 Tbsp. melted butter	1/2 tsp. mustard seeds
3 or 4 whole green chilies or red	
2 tsp. urad dhal	peppers (cut into pieces)
2 tsp. chana dhal	1/2 fresh Coconut, shredded
1/2 tsp. cumin seeds	2 tsp. salt

Cook rice separately and let it cool for a while. In a sauce-pan, add melted butter or ghee and mustard seeds and fry in low heat until the seeds start popping. Then add urad dhal, chana dhal cumin seed, cashew nuts, chili or pepper and fry until the dhals are light brown. Add Coconut shreds and fry on low heat until the coconut is slightly brown. Always stir constantly while frying. Add salt and rice and mix well. Note: Depending on your taste you can vary the proportions of the above ingredients

2.6 EGGPLANT RICE (Vangi Bath)

Ingredients for 4 servings.

1 c. rice	1 lb. eggplant
2 c. water	1/8 tsp. turmeric powder
1 1/2 tsp. mustard seeds	1/8 tsp. asafoetida
10 curry leaves	salt to taste
10 tsp. oil	4 cashews
2 onions (medium), chopped	

Masala Ingredients:

1 tsp. chana dhal	4 red chilies
1 tsp. coriander seeds	1 tsp. urad dhal

Fry masala ingredients in 1 tsp. oil until golden brown in a fry pan over medium heat. Dry blend mixture into a powder. Cook 1 cup of rice with 2 cups of water and cook in pressure cooker for 5 minutes. In a fry pan, saute mustard seeds, and curry leaves in oil. When mustard seeds start popping, add chopped onion, eggplants, turmeric powder, asafoetida, salt and ground masala powder. When eggplant is fried well, remove the skillet from heat and pour the eggplant mixture into rice. Mix the rice with eggplant. Top it with roasted cashews.

2.7 LEMON RICE

Ingredients for 4 to 6 servings.

1 c. rice	12 cashew nuts (raw) split into 2 or 4 pieces)
2 Tbsp. melted butter or ghee	5 green or red chilies
1/2 tsp. mustard seeds	(cut them into pieces)
2 tsp. urad dhal	1 or 2 carrots, shredded
2 tsp. chana dhal	2 tsp. salt
2 tsp. cumin seeds	juice from 1 whole lemon

Cook rice separately and let it cool for a while. In a saucepan add ghee and mustard seeds and fry it on low heat, until the seeds start popping. Then add urad dhal, chana dhal, cumin seeds, cashew nuts, chilies or red pepper and fry them until they are light brown. Add shredded carrots and fry for 5 minutes. Always stir constantly while frying. Add salt, rice and lemon juice and mix well. Note: Depending on your taste you can vary the proportions of the above ingredients .

2.8 MEAT BIRIYANI

1 lb. meat	1 Tbsp. coriander leaves
1 c. yogurt or yogurt	1 Tbsp. mint leaves
1 stick butter	2 medium size tomatoes cooked
5 small pieces cinnamon sticks	2 inch ginger
3 bay leaves	1 whole garlic
3 cardamom	1 tsp. cumin powder

3 cloves	1 Tbsp. salt
4 big onions	1/4 tsp. turmeric powder
7 green chillies	1 c. basmati rice

Keep the meat soaked in the yogurt or yogurt for 1/2 hour. Heat the butter, season it with cinnamon, bay leaves, cardamom and. cloves. Cut onions and green peppers lengthwise and add them into the fry pan with the other spices. When onion turns into golden brown color, add the coriander and mint leaves and the tomato pieces. (If mint leaves are not available use a drop of mint essence) .After 2 minutes, add crushed ginger and garlic, stir nicely. Then add the meat and yogurt, cumin, salt and turmeric. If it is cooked in the pressure cooker, it will take 20 minutes to cook. Otherwise, cook meat until it becomes soft. Remove excess water (gravy) from meat and measure it and keep it aside . In a different vessel measure the excess gravy taken from meat and add enough water to make the liquid into 1 cup and heat it on the stove. Wash and add basmati rice into it and cook. When all water evaporates, rice would have been cooked only halfway. Preheat oven to 350 degrees. Cover the bottom of a tray with meat and top it with rice. Cover the tray with aluminum foil and bake it for 30 minutes. A little warm water can be sprinkled if there is not much moisture. Serve this with onion pachadi.

2.9 PEAS RICE

Ingredients for 4 servings

5 green chillies	1 c. coconut milk
15 pieces coriander leaves	salt to taste
1 Tbsp. + 1 c. water	1/2 c. fresh peas
1 c. basmati rice	1 c. chopped onions
3 Tbsp. melted butter	1 tsp. masala powder
	6 cashews

Blend green chillies and coriander leaves in 1 tablespoon of water into a smooth paste. Saute rice in 1 teaspoon melted butter very lightly over low fire for 5 minutes. In a saucepan, combine 1 cup Coconut milk, 1 cup water, salt, peas, sauteed rice and green chili paste and cook for 15 minutes. Saute chopped onions, masala powder and cashews in butter in a fry pan over medium heat until golden brown and mix it with cooked rice. Serve hot.

2.10 PLAIN RICE

1 c. rice	2 c. water
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Wash rice. Boil water in pressure cooker and add rice in the boiling water and keep it closed. 5 minutes after steam comes out rice would be ready. Can be cooked in a regular pan over medium heat. When rice becomes soft and all the water is off you know it is cooked. You can add 1/2 cup frozen vegetables with the rice to make it look colorful and add 1 or 2 tablespoons ghee to make more palatable.

2.11 SESAME RICE

Ingredients for 3 to 4 servings.

1 c. rice	4 red chilies
2 c. water	1 Tbsp. urad dhal
1 Tbsp. oil	1 Tbsp. sesame seeds
salt to taste	1/8 tsp. asafoetida

Wash rice and mix 2 cups of water and cook in the pressure cooker for 7 minutes. Dry blend mixture of fried sesame, chilies, urad dhal and asafoetida powder. Mix the powder with cooked rice.

2.12 SUGAR BATH (Sweet Rice)

Ingredients for 7 servings.

1/2 c. moong dhal	4 c. water
1 Tbsp. ghee	1 c. rice
1 c. grated coconut	1 c. brown sugar
2 Tbsp. cashew nuts {broken into pieces}	1 stick unsalted butter
2 Tbsp. raisins	10 tsp. cardamom (powder)

Dry fry moong dhal until they turn into brown color. In a tablespoon of ghee saute grated coconut until they turn into golden color. Remove the coconut and saute cashew nuts and raisins in the same pan until they become golden color. In a saucepan heat 4 cups of water. When the water boils, add the fried moong dhal and rice. When they cook well, (they would become soft) add brown sugar. Keep stirring. Then add grated coconut, cashew nuts, raisins and butter. Mix well. By this time most of the water would have been evaporated. Add powdered cardamom to the rice and remove from heat. Used as a dessert. Tastes like rice pudding.

2.13 TAMARIND RICE (Rice mixed with a tartar flavored sauce)

Ingredients for 4 to 6 servings.

1 c. rice	2 tsp. split urad dhal
2 c. water	1 Tbsp. chana dhal
3 Tbsp. vegetable oil	2 tsp. curry leaves
1 tsp. mustard seed	2 red peppers (whole)
1/8 tsp. asafoetida (powder)	1/2 tsp. coriander seeds
salt to taste	1/2 tsp. fenugreek
1 tsp. tamarind paste (dissolved in 1 Tbsp. water)	

Cook 1 cup of rice with 2 cups of water as explained in the directions for making plain rice. In a fry pan, heat oil and saute mustard seeds, urad dhal, chana dhal, (which should have been soaked in water for an hour) curry leaves, pepper and

asafoetida. When the whole mixture turns into golden colors remove from heat and add the salt and tamarind in the hot mixture and mix it well. Pour the whole mixture into the cooked plain rice and mix it well. Dry fry coriander seeds and fenugreek and powder it in the blender and mix it also with the rice . In the type of tamarind rice which is prepared in Andra Pradesh, instead of mixing dry fried coriander and fenugreek, they dry fry 2 tablespoons of sesame seeds and powder it in the blender and mix it with the rice . For trips, travels and also for outdoor camping, you can take tamarind rice since it does not spoil easily.

2.14 TOMATO RICE (Type I)

Ingredients for 3 to 4 servings.

1 c. rice	1 Tbsp. oil
2 c. water.	1 onion
1/2 tsp. cumin seeds	3 large tomatoes(cut)
1/2 tsp. mustard seeds	2 or 3 green chilies (diced)
1 tsp. chana dhal	

Cook the rice with 2 cups of water as explained in plain rice. Fry cumin seeds, mustard seeds and chana dhal in a tablespoon of oil, until the mustard seeds pop and the dhal is golden brown. Saute the onions. Add the tomatoes and green chilies and cook for 10 minutes. Mix the rice with the paste well and garnish with coriander leaves.

2.15 TOMATO RICE (Type II)

1 c. basmati rice	Masala ingredients:
3 medium size well ripened tomatoes	2 or 3 cloves garlic
1 medium size onion	1 tsp. .poppy seeds
1 or 2 hot green hot peppers	1/2 tsp. coriander powder
	1/4 tsp. black pepper, powdered
	1 red chili
	1/2 x 1/2 inch cinnamon
2 Tbsp. oil	salt to taste
2 Tbsp. butter	

Clean the rice. Blanch the tomatoes, cut into moderately small pieces and keep separately. Thinly slice the onion and slit the green hot pepper lengthwise. Grind the masala ingredients, adding enough water to make it into a smooth paste. Heat 2 tablespoons of oil in a heavy bottomed saucepan and saute onion and chilies until lightly brown. Then add the masala paste and fry until the raw flavor is lost and oil separates. Add the tomato pieces and keep stirring for about 5 minutes. Add 1 1/2 cups of water and let it boil. When water boils, add rice and salt. When rice is three-fourth cooked, add the butter, cover it and let it cook in the oven preheated at 350 degrees F. for 15 minutes. Coriander leaves may be added before leaving it in the oven.

2.16 VEGETABLE PULAV (Rice cooked with vegetables)

Ingredients far 6 to 8 servings.

2 c. basmati rice	3 x 3 inch coconut
4 to 6 hot green peppers	1 1/2 tsp. or more salt
1/4 x 1/4 inch fresh ginger	1/8 tsp. turmeric powder
4 cloves garlic	2 oz. butter or ghee
4 cloves	2 sticks cinnamon
1 tsp. poppy seeds	4 cloves
small stick cinnamon	4 bay leaves
1/2 c. chopped coriander leaves	10-12 curry leaves
2 1/2 c. water	4 whole green cardamom
12 cashew nuts	6 pieces mint leaves or
1/4 tsp. dried mint leaves	1 c. fresh or frozen peas and carrots

Grind the peppers, ginger, garlic, cloves, poppy seeds, cinnamon, and coriander leaves, adding 1/2 cup water. Adding enough water grind coconut in a blender and make 2 cups of coconut milk. In a saucepan heat butter over medium heat and saute the cinnamon, cloves, bay leaves, curry leaves, green cardamom, cash nuts and mint leaves (add the cashews at the end) .Add the onion and masala paste. When onion turns brown, add 2 cups of coconut milk and 2 cups of water. When the mixture boils, add rice, turmeric powder and salt. When rice is half cooked, add the vegetables and pour the mixture in a tray and bake it in the preheated oven for 20 minutes at 350 degrees temperature. Serve it with onion pachadi.

2.17 YOGURT RICE (Rice mixed with yogurt)

Ingredients for 4 to 6 servings.

1 c. rice	1 Tbsp. oil
2 1/2 c. water	10 curry leaves
1 c. yogurt	1 hot green pepper (cut into 2 or 3 pieces)
1 c. Sour cream	1/8 tsp. asafoetida powder
salt as per taste	1 red pepper (break into 2 or 3 pieces)
1/2 tsp. mustard seeds	1/4 x 1/4 inch fresh ginger
1/2 tsp. urad dhal	1 tsp. coriander leaves (chopped)
10 sliced pieces cucumber	
10 sliced pieces tomato	

Cook 1 cup of rice with 2 1/2 cups of water as explained in the directions for plain rice. Mix the rice with yogurt, sour cream and salt well. If you make yogurt rice in the morning to eat in the evening, you may use 1 cup of warm milk in the place of Sour cream. In a fry pan, saute mustard seeds and urad dhal in oil. When mustard seeds pop, add curry leaves, asafoetida, chopped green and red pepper, ginger and coriander leaves. When the whole mixture turns into golden color, remove from heat and pour it into the yogurt mixed rice. Mix well and garnish it with tomato and cucumber pieces. In the course of the day, if the yogurt rice gets solidified, add warm water to bring it to the semi-solid consistency. Good to serve this at picnics. Since it does not spoil fast, can be carried to be used as a lunch during short trips, specially in hot summer season.

2.18 GHEE RICE

2 c. Basmati rice	4 cloves
3 1/2 c. water (hot)	4 pods cardamom
1 big onion cut lengthwise	1 tsp. garlic powder
1/4 c. ghee (melted butter)	1/2 tsp. ginger powder
1/2 inch cinnamon stick	1 tsp. salt

Wash and soak the rice in warm water for 1 hour. In a 2 1/2 quart saucepan, heat the ghee. Add cinnamon, cardamom, cloves and onions. Fry till onions become slightly brown. Add garlic and ginger powder, rice and 3 1/2 cups of hot water. When the water comes to full boil, add the salt, lower the heat and cover. Stir it once after 10 minutes. Then cover it and cook for another 15 minutes. Remove from heat when the water is gone and rice is soft. Serve rice with any kurma (a type of vegetable or meat curry.)

3 MEAT CURRIES

3.1 BEEF VINDALOO

6 dried red chilies	1/2 tsp. salt
1 Tbsp. cumin seeds	1 c. vinegar
1 Tbsp. mustard seeds	2 lb. beef, park pork or duck (cut into cubes)
1 tsp. turmeric	2 Tbsp. butter, melted
3 tsp. curry powder	3 bay leaves
5 peppercorns	1 Tbsp. fresh ginger (chopped)
5 cardamom	2 cloves garlic (crushed)
5 cloves	4 cloves garlic, pulped in 1 c. water
6 sticks cinnamon (1 inch long)	1 large onion (sliced)

Grind the first 10 ingredients in a blender adding 1 cup of vinegar into a smooth paste. Place the meat in a dish, cover with the paste and leave it to soak for 2 hours. In a fry pan, heat the butter and then add meat mixed with spices and vinegar. After 2 minutes add the remaining ingredients. Simmer gently for 2 hours or until the meat is tender. Serve hot with rice.

3.2 CHICKEN CURRY

4 lb. chicken (cut in pieces)	4 Tbsp. oil
15 cashew nuts	1/2 c. shallots chopped
2 tsp. poppy seeds (optional)	3 tsp. coriander seeds
2 tsp. cumin seeds	4 c. coconut milk (thick)
1 1/2 tsp. black pepper (whole)	
5 red chilies 2 tsp. salt	
1/4 c. water	1/8 tsp. turmeric

Grind first 5 ingredients in a blender adding 1/4 cup of water into a fine paste. In a 6 quart saucepan, saute onions in 4 tablespoons of oil over medium heat. After

2 minutes, add well cleaned chicken pieces in it. Let it simmer for 5 minutes. Then add coconut milk, ground masala paste, salt and turmeric. As soon as chicken is well cooked, and the gravy becomes thick, curry is ready. Remove from heat and serve it with plain cooked rice. 5 to 7 servings.

3.3 EGG CURRY

4 Tbsp. vegetable oil	3 c. coconut milk (thick)
3/4 c. onion (chopped)	1 Tbsp. salt of oil
1/2 tsp. red pepper (powder)	1/8 tsp. turmeric seeds
1 tsp. cumin powder	4 eggs (hard boiled and halved)
1 tsp. coriander powder	1 raw egg onion

In a 4 quart saucepan, heat 4 tablespoons of oil and saute when onion until golden brown. Then add next 6 ingredients. When it comes to full boil, add the 8 pieces of hard boiled eggs and break open the raw egg over the mixture. Let it cook for 15 minutes and then remove from heat. Serve it hot with rice. 5 servings.

3.4 EGG POTATO CURRY

1 tsp. coriander seeds	3 Tbsp. coriander leaves chopped
10 grams coconut	1 Tbsp. vegetable oil
1 red chili	2 c. water
1/8 tsp. turmeric	salt to taste
1 clove garlic	4 eggs (hard boiled)
1/2 x 1/2 inch ginger	4 medium potatoes (boiled and cubed)
1 Tbsp. onion (chopped)	

Grind first 7 ingredients and also 2 tablespoons of coriander leaves (part of ingredient 8), adding enough water to make it into a fine paste.

Heat 1 tablespoon of oil and saute the above paste for 1 minute. Then add water and salt and simmer until masala is cooked. Cut the egg into two halves. Add the eggs and potatoes into masala and bring it to full boil. Simmer for 5 minutes. Remove and garnish with the rest of the coriander leaves.

This curry goes well with bread, potatoes, chappathies and also with rice.

3.5 FISH CURRY

1 small ball tamarind (about the size of a lime)	1 1/2 tsp. cumin seeds
1 1/2 tsp. coriander seeds	1 tsp. salt
5 red chilies	1/8 tsp. turmeric
6 Tbsp. vegetable oil	1 medium sized onion, chopped
2 Tbsp. coconut (shredded)	1 lb.. fish (any kind)

Soak tamarind in a cup of hot water for 1/2 hour and make a juice of about 1 1/2 cups. Wash fish thoroughly. If it is small like smelt use it as it is. If it is big, cut it in to pieces and keep it aside. In a skillet saute coriander seeds and chilies in a teaspoon of oil until golden brown and grind them with coconut and cumin seeds in a blender with 1/4 cup of water into a fine paste. Add salt, ground paste of spices, tamarind

juice, turmeric, onion, fish and the remaining oil in a saucepan and cook on the stove over medium fire. When the liquid becomes thicker, and when oil starts floating on top, remove curry from heat. Serve it hot with rice. 5 servings. Note: In the case of small fish like smelt, let the sauce of tamarind juice mixed with spices boil and then add the fish.

3.6 MUTTON CURRY

1 lb. mutton	2 c. yogurt
2 tomatoes	salt to taste
4-5 potatoes	dry blend these ingredients
2 medium onions (chopped)	3 dry red chilies
1 oz. garlic	1 tsp. coriander
2 Tbsp. butter	1 tsp. cumin seeds
	1 tsp. turmeric powder

Cut the meat into large pieces, and tomatoes and potatoes into cubes. Saute onion and garlic in butter for a minute. Then add the dry blended spice powder. Keep stirring for 2 minutes and then add tomato pieces. When the mixture turns into golden color, add the meat and yogurt. Cook until meat is half done. Then add potatoes, salt and sufficient water to make a gravy. Simmer for 1/2 to 3/4 hour.

3.7 PORK CURRY

2 lb. pork (trimmed and cut in squares 2 inch)	1 clove garlic
2 cardamom	1-2 green hot peppers
1 (1 inch) piece cinnamon stick	10 almonds (optional)
4 whole cloves	1/2 tsp. saffron
24 peppercorns	5 Tbsp. yogurt
1 Tbsp. coriander seeds	2 Tbsp. hot milk
2 medium onions	4 Tbsp. vegetable oil
1/2 x 1/2 inch fresh ginger (chopped)	1 c. warm water
	salt to taste

Prick pork with fork. Grind next 5 ingredients in a blender [adding enough water to make it into a juicy fine paste. Mix this with yogurt and smear on pork. Let it stand for 1 hour. Grind onion, ginger, garlic and hot peppers adding enough water to make it into a fine juicy paste. Blanch and slice almonds. Heat 2 tablespoons of milk for 1 minute and soak saffron in it. Heat oil and fry onion paste in it for 2-3 minutes. Add pork. Fry until light brown, stirring continuously. Add salt and 1 cup of warm water. Cover with tight lid and cook on low heat until tender and dry. Add saffron and almonds. Stir and cook for 5 minutes. Remove from heat and serve hot

3.8 PORK OR LAMB CURRY

1 tsp. poppy seeds	6 Tbsp. vegetable oil
1/2 tsp. fennel seeds	1 lb. pork or lamb, cut in cubes
2 cloves	1 tsp. coriander powder
2 Tbsp. coconut (shredded)	1 tsp. cumin powder leaves

1 medium onion (chopped)	1 tsp. red pepper (powder)
1/4 tsp. ginger (chopped)	1/8 tsp. turmeric
1 hot green pepper (whole)	1 tsp. salt

Grind first 4 ingredients with 2 tablespoons of water into a smooth paste. In a skillet, saute onion, ginger, whole green pepper in 6 tablespoons oil. After a minute, add meat pieces into this mixture and stir. After 2 minutes, add the ground paste and the remaining ingredients (last-5 ingredients). Keep stirring for 5 minutes. Then add 2 1/2 cups of water to it. Let the mixture cook over medium heat until meat becomes tender and the liquid becomes thicker. Remove from heat and serve it hot with white rice.

3.9 TANDOORI CHICKEN (Type I)

Preparation: for this dish has to be done in the morning to be ready for dinner.

1 whole chicken	3 green hot chilies
6 cloves garlic	2 tsp. coriander leaves chopped
2 x 2 inch ginger	5 Tbsp. tomato puree
8 cloves	3 Tbsp. vegetable oil
2 x 2 inch cinnamon	5 Tbsp. vinegar
10 black peppers	5 Tbsp. yogurt, plain
1 1/2 tsp. salt	

Skin the chicken and cut it into medium sized pieces. Grind next 8 ingredients (spices), adding very little water into a fine paste. In a saucepan mix chicken pieces with the spice paste and 1/4 cup of water and boil on high flame until water evaporates. By this time, chicken would have been half cooked. Make a sauce by mixing last 4 ingredients in a wide-mouthed bowl. Dip each chicken piece in the sauce and arrange in a baking tray. Pour the leftover sauce over the chicken pieces and refrigerate for 8 to 10 hours. (Rearrange the chicken pieces once during this time so that each piece would have a good coating of the sauce.) After 10 hours, remove tray from refrigerator and keep it at room temperature for 15-20 minutes. Then bake in the preheated oven at 350 degrees F. for 1/2 hour or until it is well done.

3.10 TANDOORI CHICKEN (Type II)

4lb. chicken	8 cloves
1 1/2 tsp. salt	2 x 2 inch cinnamon
2 Tbsp. lemon juice	2 cardamom
3 Tbsp. chopped coriander leaves	3 hot green peppers
6 cloves garlic	1/2 tsp. turmeric
2 x 2 inch ginger	1 c. yogurt {plain}
	3 Tbsp. vegetable oil

Skin the chicken. Cut deep slits in all pieces. Mix salt with lemon juice and pour the mixture into the slits. Grind spices, coriander leaves, garlic, ginger, cloves, cinnamon, cardamom, hot green peppers and turmeric in a blender adding very little water into a smooth paste. Mix the paste with yogurt and vegetable oil in a wide-mouthed bowl. Dip each chicken piece in the sauce press the mixture into the slits. Arrange the pieces in a baking tray and marinate in the refrigerator for 24 hours. Then bake them uncovered in a preheated oven at 350 degrees F. for 1/2 hour or until done.

4 MEAT SIDE DISHES

4.1 FISH CUTLET (Type I)

1/2 c. onion (finely chopped)	salt to taste
1 c. oil	1/2 tsp. red pepper powder
1 c. boiled mashed potatoes	1/4 tsp. black pepper powder
1 can mackerel or salmon	3 egg whites
2 tsp. lemon juice	2 c. bread crumbs
1/2 tsp. oil (for sauteing)	

Remove bones and drain oil from fish. Saute onion in oil until golden brown. Add mashed potatoes, fish pieces, lemon juice, salt, red and black pepper and cook for 3 minutes. Mix it well and make it into small balls about the size of a lime. Dip the balls in egg whites, coat them with bread crumbs and deep fry in oil until golden brown. Makes into 30-35 cutlets.

4.2 FISH CUTLET (Type II)

1 can mackerel or salmon	2 green peppers (chopped)
1 c. boiled mashed potatoes	2 c. bread crumbs
1 1/2 c. onion (finely chopped)	1 egg
2 tsp. lemon juice (concentrate)	salt to taste
1/2 tsp. red pepper (powder)	1 c. oil

Remove bones, drain oil and mix fish with next 8 ingredients. Make the mixture into small round balls (about the size of a lime). Dip each ball in egg, coat with bread crumbs and deep fry in oil until golden brown.

4.3 FRIED FISH

1 lib. fish (any kind)	1/8 tsp. turmeric powder
1 Tbsp. lemon juice (Concentrate)	1/2 tsp. cumin seeds (powder)
1/2 tsp. red pepper (powder)	1/2 tsp. coriander powder
1 tsp. salt	3/4 c. oil

Clean fish well. If it's big, cut it into medium sized pieces, and mix next 6 ingredients with it. Set it aside for 15 minutes. Heat oil in a skillet and set the pieces of fish on top of the oil. When one side is cooked, carefully turn it over for the other side to be evenly cooked. Let the fish cook in oil until golden brown. Deep frying is not recommended since it would wash out the masala (spices) from fish into the oil. 4 servings.

4.4 KIMA

1 onion (chopped)	1/8 tsp. garlic powder
2 Tbsp. butter	1 tsp. red pepper powder
1 tsp. salt	1 tsp. coriander powder
1 tsp. cumin powder	1 tomato (large)
1/8 tsp. turmeric powder	1/4 c. tomato sauce
1 1/2 tsp. ginger (powder)	1 lb. ground beef
1/8 tsp. black pepper powder	10 oz. green peas (frozen)

In a heavy saucepan, saute onion in melted butter until golden brown. Add spices (cumin powder, turmeric powder, ginger, black pepper, garlic powder, red pepper and coriander) into it and saute for 2 minutes. Then add the ground beef and brown evenly. Add the peas, cut tomatoes and tomato sauce. Stir and cover tightly. Reduce heat and simmer for 30 minutes. Add a little water if necessary but only to keep the meat from burning. This dish should be moist but not stewy. Note: You may use ground lamb instead of beef. Potatoes can be used in addition to peas.

4.5 MASALA MEAT FRY

1 1/2 tsp. whole peppercorns	1 1/2 tsp. turmeric
2 tsp. whole cumin seeds	1 1/2 large onions (chopped)
2 lb. stewing beef	4 Tbsp. oil
salt to taste	

Grind peppercorns and cumin seeds in the blender, adding enough water to make it into a fine paste. Cook beef with the masala paste, salt and turmeric until beef becomes tender. Saute onion in 4 tablespoons of oil until golden brown. Add the meat to the onions and fry until meat becomes nice and brown. Serve hot.

4.6 MEAT FRY

1/2 tsp. red chili powder	3/4 lb. meat
1 tsp. coriander powder	2 medium onions
1 tsp. cumin powder	1 tsp. lemon juice
1/8 tsp. turmeric powder	6 Tbsp. oil
1 tsp. salt	

Cut meat in small cubes, and onions lengthwise. Saute onions in 6 tablespoons of oil. When they turn into golden color, add first 6 ingredients. Cook meat covered over medium heat. Every now and then stir it nicely. When the water evaporates (after 1/2 hour) add lemon juice. When lemon juice blends with the meat and when meat is soft and cooked, remove from fire. Takes about 3/4 to 1 hour to be cooked. Note: Meat has to be cooked in its own water. Do not add water unless it's very necessary .

4.7 MEAT (Lamb) BALLS

1 lb. ground lamb (buy shank half of leg of lamb and ask butcher to remove outer layer of fat and central bone)	2 Tbsp. dry roasted chick peas
4 to 6 hot green peppers	1/4 medium size chopped onion
1/4 x 1/4 inch fresh ginger	1/4 tsp. fennel seeds
4 cloves garlic	2 x 2 inch fresh coconut
	1 tsp. salt
	2 Tbsp. crushed curry or mint or coriander leaves
	oil to deep fry
	bread crumbs

Grind first 9 ingredients except lamb, adding very little water to make it into a coarse thick paste. Mix it with ground meat and make balls about the size of big cherry. Roll them in bread crumbs and deep fry in low heated oil. Serve as snacks

with ketchup. Note: You may make kurma or curry of your choice and cook meatballs in it, without coating with bread crumbs and without deep frying in oil. For meatball kurma, make meatballs about the size of small lime.

4.8 LAMB KEBAB

1 lb. lamb (1/2 inch, cubed)	4 cloves
1/4 chana dhal	2 cardamom
1 onion, chopped	1 piece cinnamon
3 green peppers	1 tsp. salt
1/4 c. yogurt	1/2 x 1/2 in ginger
1/4 tsp. chili powder	4 cloves garlic
1/2 tsp. coriander powder	1/2 c. water
1 egg	oil for frying

Mix first 12 ingredients and pressure-cook for 6-7 minutes. Blend in a food-processor or blender with egg into coarse paste adding a little water if needed. Make paste into 15 balls, flatten and deep-fry until both sides are golden brown.

4.9 SHRIMP MASALA FRY

12 oz. shrimp	1/2 tsp. turmeric powder
2 large onions chopped	1/4 c. oil
2 green chillies chopped	salt to taste
2 tomatoes chopped	

Soak shrimp in warm water and wash well. Heat 1/4 c. oil in a fry pan and saute onions until golden brown. Add chillies and tomatoes, and when tomatoes are soft, add shrimp and turmeric powder. After 3 minutes add 1/4 cup water, salt, and cook on low heat until shrimp is cooked and the gravy thickens.

5 VEGETABLE CURRIES

5.1 BUTTERMILK KULAMBU

3 tsp. oil	1 medium sized hot green
1 tsp. cumin seeds	pepper (chopped)
1 tsp. toor dhal or chana dhal	1 cucumber, 1 bell pepper and
1 Tbsp. rice	1/4 eggplant (vegetables)
1 Tbsp. coconut (scraped)	1/2 tsp. mustard seeds
1 Tbsp. curry leaves	1/2 tsp. urad dhal
1 c. buttermilk	salt to taste

Fry in a teaspoon of oil, cumin seeds, toor or chana dhal and rice for 3 minutes and blend them in the grinder with coconut and green chillies, adding 1/8 cup of water into a smooth paste. Cut vegetables into small pieces and wash them in water. Heat 2 teaspoons of oil in a heavy bottomed saucepan and saute mustard seeds, urad dhal and curry leaves. When urad dhal becomes golden brown, add all the vegetables and salt. When vegetables cook halfway, add the masala paste and keep stirring. If it sticks to the bottom, add 1/2 cup of water. When the vegetable mixture comes to

a full boil, add the buttermilk. When the buttermilk mixture is about to boil remove from heat. Serve it hot with rice. (Do not boll buttermilk.)

5.2 CHOLE (CHICK PEAS CURRY) (Type I)

3 Tbsp. oil	
1/4 tsp. mustard seed	1/4 tsp. cumin
1 cup chopped onions	2 cup chopped tomatoes
2 tsp. ground coriander seeds	1 tsp. ground cumin
1/4 tsp. turmeric	1/8 tsp. chili powder
1/8 tsp. ground pepper	1 tsp. salt
1/2 cup liquid	
2 cans chick-peas	1 cup liquid
1 Tbsp. lemon juice	1 Tbsp. chopped cilantro

Heat oil, add mustard seeds and cumin. When mustard seeds start popping add onions, and saute until edges start browning. Add tomatoes and cook until tomatoes become soft. Add round coriander, cumin, black and red pepper, 1/2 cup liquid, salt, bring to a boil and cook until tomatoes start breaking apart (5 minutes). Add Chick peas, 1 cup liquid, bring to a boil, cover and simmer for 5 minutes. Use back of a large spoon to mash mixture until half the chick-peas break apart. Add lemon juice and coriander and serve hot. Serves 8.

5.3 CHICK PEAS CURRY (Type II)

1 c. chick peas, dry (raw)	2 onions (medium) (1 sliced and 1 to be blended)
3 c. water	1 tsp. coriander seeds
salt to taste.	1 Tbsp. oil
1/8 tsp. turmeric powder	1 tsp. masala powder
1/8 x 1/8 inch ginger	1 tomato {sliced}
3 red chilies	
10 pieces coriander leaves	

Soak chick peas overnight and cook in a pressure cooker with 3 cups of water with salt and turmeric powder until they become soft. Blend ginger, chilies, 1 onion and coriander seeds with 1 tablespoon of water into a paste. Fry this paste in 1 tablespoon of vegetable oil. Blend 2 tablespoons of cooked chick peas and add this to the fried paste with masala powder. Mix well and pour the whole mixture into the rest of the cooked chick peas. Stir and mix well. Top with sliced tomatoes, chopped onion and coriander leaves.

5.4 CHICK PEAS CURRY (Type III)

1/2 tsp. mustard seeds	1 tsp. coriander powder
2 Tbsp. oil	1 tsp. cumin seeds (powdered)
1 onion (chopped) (medium size)	salt to taste
2 hot green chilies, chopped	2 tomatoes or 1 1/4 Tbsp. tomato paste
2 cloves garlic (crushed)	1 lb. chick peas

1/2 inch ginger	3/4 tsp. cinnamon powder
1/4 tsp. turmeric	1/2 tsp. cloves (powder)
2 medium sized potatoes	3 Tbsp. fresh coriander leaves

Saute mustard seeds in oil. When they crack, add chopped onion. When onion turns into golden brown, add green chilies, garlic, ginger and turmeric powder. Stir. Add potatoes cut in small cubes, coriander powder, cumin powder and salt. If using tomato paste, add that too and a cup of water. Stir, cover and let it cook for 5 minutes until potatoes are half done. Add chick peas and more water and salt if needed. When potatoes are well cooked, add cut tomatoes (if paste isn't used) and cinnamon powder and cloves. In a couple of minutes, garnish with coriander leaves and remove from heat.

5.5 CHANA PUNJABI

1 Tbsp. oil	1/2 tsp. garam masala
1 medium onion, chopped	2 large tomatoes, chopped
1 tsp. ground coriander seeds	2 tsp. minced garlic
1/4 tsp. turmeric	1/8 tsp. chili powder
1 tsp. salt	1 tsp. minced garlic
1/2 cup liquid	1 green chili, chopped
2 cans chick-peas	1 cup liquid
1 tsp. lemon juice	2 Tbsp. chopped cilantro

Heat oil, and saute onions until translucent. Add garlic, ginger and chili and saute for 3 minutes until soft and fragrant. Add tomatoes and cook for 5 minutes until tomatoes become soft. Add chili powder, salt, ground coriander, garam masala and turmeric. Drain the chick-peas (save the drained liquid) add and bring to a boil and cook until sauce thickens (20 minutes). Add up to 2 cups of the chick-pea liquid and cook for an additional 20 minutes. Add lemon juice and coriander, adjust salt and serve hot with rice. Serves 8.

5.6 MUSHROOM KURMA

Vegetables:

1 tomato	1 c. cauliflower
1 c. mushrooms	

Spices to be sauteed:

1 Tbsp. coriander seeds	1/2 tsp. cloves
1 Tbsp. cashew nuts	1/2 Inch cinnamon
1 tsp. chana dhal	4-5 cardamom
2-3 red chilies	1 Tbsp. coconut, shredded
2 Tbsp. onion	1 1/3 Tbsp. oil
1 tsp. fennel seeds	1/2 tsp. fennel seeds
1/4 tsp. poppy seeds	1/2 tsp. mustard seeds
	salt to taste

Grind masala ingredients in a blender with 1/3 cup of water into a fine paste. Cut coconut into small pieces, grind them in the blender to make 3 cups of coconut milk.

Wash and cut potatoes, carrots and tomatoes in squares and onions lengthwise. Split cauliflower into small sections. In a fry pan, heat 6 tablespoons of oil over medium heat and saute cloves, onion and coriander leaves. After 1 minute, add turmeric and masala paste. Stir the contents. After 2 minutes, add the vegetables and salt. Keep stirring for 5 minutes so that it will not stick to the bottom. Then add the coconut milk. Cover the skillet and cook kurma on low heat until all vegetables become soft and cooked. Add the lemon concentrate and then remove from heat. Good to eat with chappathi, Poori and rice. 7 servings.

5.7 MILAHU KULAMBU (Black Pepper Stew)

Masala Ingredients:

1 whole red chili	2 tsp. whole black pepper
1/2 tsp. fenugreek	1/2 tsp. toor dhal
1 tsp. oil	
1/2 c. shredded coconut	1 tsp. toor dhal
1 Tbsp. tamarind paste	1 tsp. curry leaves
2 Tbsp. oil	1/2 tsp. turmeric ,
1/2 tsp. asafoetida	3 Tbsp. dried vegetables of any kind
1 tsp. mustard seeds	1/2 c. cooked toor dhal
1 tsp. urad dhal	
salt to taste	

Saute first 4 ingredients masala ingredients) in a teaspoon of oil until they become golden brown and grind them in a blender with 1/2 cup shredded coconut, adding enough water to make it into a fine paste. Mix; tamarind paste with 1 cup of hot water and make a juice. In a saucepan, heat 2 tablespoons of oil. Add asafoetida, mustard seeds, urad dhal, toor dhal, curry leaves, turmeric and dried vegetables in the oil and saute until golden brown. Then add the tamarind juice. When the mixture boils, add the masala paste, 1/2 cup of cooked toor dhal and salt. When the mixture comes to full boil, remove from heat and serve it hot with rice.

5.8 PARUPPU CURRY (Dhal Curry)

1 c. toor dhal	2 Tbsp. oil 1/2 tsp.
1/4 tsp. turmeric	1/2 tsp. mustard
1/4 tsp. asafoetida powder	1/2 tsp. urad dhal
3 c. water	1 hot green pepper
1/2 tsp. salt	2 Tbsp. onion (chopped)

In a pressure cooker, cook toor dhal with turmeric and asafoetida in 4 cups of water. When toor dhal becomes soft, remove from heat. Add salt. Keep this aside. In a fry pan, heat oil. Add mustard seeds and urad dhal. When mustard seeds crack and urad dhal becomes golden brown, add chopped green pepper and onion. When onion turns into golden colors, pour toor dhal, mixture into it. Remove from heat and serve it with rice. 8 servings.

5.9 PARUPPU URUNDAI KULAMBU (Lentil Ball Stew)

1 c. toor dhal	1/2 tsp. mustard seeds
2 red chilies	1/2 tsp. split urad dhal
2 tsp. salt	1 tsp. curry leaves
3 Tbsp. vegetable oil	1 1/2 tsp. sambar powder or
1 small ball tamarind {size of lime}	

Masala ingredients to be blended:

3 red chilies,	1 Tbsp. coriander
1 tsp. cumin seed,	6 black peppers (whole)
1 tsp. urad dhal	1 tsp. chana dhal and
	1/4 tsp. asafoetida

Soak toor dhal for 2 hours and then wash it and grind it with chilies and 1 teaspoon salt adding 1 tablespoon water. In a fry pan add 2 tablespoons of oil and heat it over medium heat. Add the ground paste and saute for 10 minutes. Remove from heat and let it cool. Make the paste into small balls of about lime size. Soak tamarind in warm water for 1 hour and make a juice of about 2 cups. In a skillet, add 1 tablespoon of oil and saute mustard seeds, urad dhal and curry leaves. When mustard seeds crack and urad dhal becomes golden brown, add tamarind, water, sambar powder (which can be bought in the Indian stores or it can be made by the grinding of Masala ingredients in a blender) and 1 teaspoon salt. Let the mixture come to full boil. Then add the balls made of toor dhal. After 15 minutes, remove the curry from the stove. This curry goes well with rice.

5.10 POTATO CURRY

1/2 tsp. mustard seeds	1 tsp. masala powder
2 chopped green chilies	1 tsp. coriander powder
1/2 tsp. ginger (chopped)	1/2 tsp. chili powder
2 onions (chopped)	1/2 tsp. turmeric powder
1 Tbsp. oil	2 tomatoes, sliced
3 medium potatoes (diced)	salt to taste
1/2 c. green peas	1 c. water

In a medium size saucepan, fry first 4 ingredients in a tablespoon of oil. When the mixture turns into golden colors, add remaining ingredients and cook for 15-20 minutes. This goes well with chappathies.

5.11 EGGPLANT PULIKULAMBU

4 red chilies	1/4 c. water
2 tsp. coriander seeds	1 boll tamarind (size of lime)
8 Tbsp. oil	1/2 tsp. urad dhal
2 tsp. cumin seeds	1/2 tsp. mustard seeds
1/8 tsp. turmeric	1 onion, chopped
3 Tbsp. coconut (shredded)	1 eggplant
or 2 Tbsp. sambar powder	1 tomato
instead of above	1 1/2 tsp. salt

Fry red chilies and coriander seed in 1 teaspoon of oil until golden brown and grind them with cumin seeds, turmeric and coconut, adding 1/4 cup of water into a smooth paste. (In place of this paste you can also use ready-made sambar powder. If using sambar powder, use 2 tablespoons of it and also the ground paste of shredded coconut) .Soak tamarind in 2 1/2 cups of warm water for 1/2 hour and make a juice by pressing the pulp. Remove pulp by a strainer. In a saucepan with the heavy bottom, heat the rest of the oil. Add urad dhal and mustard seeds. When mustard seeds crack, add 2 onions. When onion turns into golden color, add the vegetables which should be cut in cubes. Keep stirring the vegetables for 5 minutes and then add the masala paste or powder, tamarind juice and salt (cooked black eye peas of 10 oz. or cooked kidney beans or any other type of cooked beans of about 10 oz. can be added also at this point if one prefers.) When vegetables become cooked, pulikulombu will get thicker. Remove from heat and serve it hot with rice. 7 servings. In place of eggplant you can use potato, okra or any other type of vegetable you may wish.

5.12 TOMATO RASAM

1 small ball tamarind (size of lime)	2 Tbsp. coriander leaves chopped
1 Tbsp. toor dhal	1 tomato
1/2 tsp. black Pepper (powder)	2 tsp. oil
1 tsp. cumin seeds (crushed)	1/2 tsp. mustard seeds
6 cloves garlic (crushed)	1/2 tsp. fenugreek
(or use 1 tsp. Rasam powder instead of above 3 items)	1 tsp. curry leaves
	1 red chili

Soak tamarind in 1 cup of warm water. Then press the pulp and get the essence out. Add 2 more cups of water and make tamarind juice of 3 cups. Remove the pulp by a strainer. Wash and cook toor dhal with 2 cups of water. When dhal is well cooked, remove from heat and mix tamarind water, black pepper, crushed cumin seed, garlic and pieces of coriander leaves. Cut tomato into small pieces and crush them into tamarind water. In a fry pan heat 2 tsp. oil over medium heat. Add mustard seeds. When they crack, add fenugreek, curry leaves and broken red chilies. When this mixture turns golden brown, pour tamarind water into it. In about 5-7 minutes small bubbles will pile on top. Remove from heat immediately (do not let it boil). Goes well with rice.

5.13 LEMON RASAM

juice from 1 lemon	1/4 tsp. turmeric powder
1x1 inch ginger chopped	1 tsp. mustard seeds
2 green chillies chopped	1/2 tsp. salt
2 tomatoes	1/2 tsp. salt
1/4 c. toor dhal	1 Tbsp. coriander leaves

Cook toor dhal with 2 cups water and 1/8 teaspoon turmeric powder until it becomes soft. Heat oil and add mustard seeds. When they pop add ginger and chillies and fry for a minute. Add tomato pieces, 1 cup water and 1/8 tsp. turmeric paste and boil for 5 minutes. Add salt. To the cooked toor dhal add 2 cups water and mash well. Add this to the rasam and boil for 2 minutes. Remove from heat and add lemon juice and coriander leaves. Mix well.

5.14 SAMBAR

3 Tbsp. oil	2 red peppers broken
2 tsp. mustard seeds	4 green peppers slit
1 tsp. fenugreek	5 curry leaves
1 tsp. cumin seeds	1/4 tsp. asafoetida (optional)
1 ball tamarind (lime sized)	2 cups water
1 c. toor dhal	4 c. water
1 tsp. salt	1 Tbsp. Sambar powder
2 cups vegetables cut into 1x1 cm pieces (eggplant, turnips, okra, etc.)	

Soak tamarind in 2 c. warm water for 15 minutes. Mix and sieve squeezing out the juices. Save. Cook toor dhal in 4 cups of water (easily done in a pressure cooker). Set aside. Heat oil in large frying pan, and add mustard seeds, fenugreek, cumin seeds and dried red chili. When mustard seeds start popping add green-chillies and curry leaves and stir for a minute. Add vegetables and saute over high heat for 5 minutes. Add tamarind juice, sambar powder, and salt, reduce flame to a simmer; cover and cook until vegetables are done. Add cooked toor dhal, mix, bring to a simmer and serve hot.

5.15 PLAIN SAMBAR

1 ball of tamarind (size of lemon)	2 cups hot water
3 Tbsp. oil	2 tsp. mustard seeds
1 tsp. cumin	1 tsp. fenugreek
1/2 tsp. asafoetida(optional)	2 dry red chillies
4 green chillies slit	5 curry leaves (optional)
1 cup toor dhal	4 cups water
1/8 tsp. turmeric	
2 cups vegetables cut into 1 cm cubes (eggplant, turnip, potatoes, okra)	2 Tbsp. sambar powder
	1 tsp. salt

Soak tamarind in 2 cups of hot water for 15 minutes. Mix and sieve, pushing out as much of the tamarind juice as possible. Set aside. Cook toor dhal in 4 cups of water and turmeric (quick with a pressure cooker). Set aside. Heat oil, add mustard seeds, cumin, fenugreek, asafoetida, split red chillies. When mustard seeds pop, add curry leaves and green chillies. Stir a few times. Add cut vegetables, and saute for a few minutes. Add tamarind juice, salt, sambar powder, bring to a boil cover and simmer until vegetables are cooked. Add to cooked toor dhal, mix thoroughly and serve hot.

5.16 COCONUT SAMBAR

Masala Ingredients:

1 c. coconut (shredded)	1 tsp. chana dhal
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1 tsp. fenugreek	2 red chilies
3 tsp. coriander seeds	1/8 x 1/8 inch asafoetida
3/4 c. toor dhal	1 potato
1 small ball tamarind (size of lime)	1/8 tsp. turmeric
2 carrots	1 1/2 tsp. salt
1 bell pepper	3 Tbsp. oil
1 tomato	1/2 tsp. mustard seeds
1 onion	
1/4 eggplant	

Fry all masala ingredients in 1 tablespoon of oil in a fry pan over medium heat until golden brown and grind them in a blender adding 1 cup of water into a fine paste. (In place of this you can also use sambar powder. If using sambar powder, use 1/2 tablespoons of it and also the ground paste of 1 cup shredded coconut sauteed in 1 tablespoon of oil.) In a pressure cooker, cook toor dhal with 4 cups of water for 5 minutes and keep it aside. Soak tamarind in 1 1/2 cups of warm water for 1/2 hour and take the essence out of it. Remove the pulp by pouring it through a strainer. Cut all vegetables (potato, carrots, bell pepper, tomato, onion and eggplant) in small sizes. In a heavy-bottomed saucepan, cook vegetables in 1 1/2 cups of tamarind water mixed with turmeric and salt. When vegetables are cooked, add the ground masala paste (or masala powder and coconut paste) and cooked toor dhal. When the whole mixture comes to a full boil, remove from heat. In a fry pan, saute mustard seeds in oil. When mustard seeds crack, remove the fry pan and add into the mixture of toor dhal and vegetables. Serve it hot with rice.

5.17 TOMATO AND CARROT SAMBAR

1 cup toor dhal	1/2 tsp. urad dhal
1 small ball tamarind (size of lime)	1/2 tsp. fenugreek
3 tomatoes	1/4 tsp. asafoetida
1 carrot	2 tsp. salt
1 onion (large)	2 tsp. sambar powder
3 Tbsp. oil	2 Tbsp. coriander leaves chopped
1/2 tsp. mustard	

In 4 cups water cook 1 cup toor dhal in a pressure cooker for 5 minutes and keep it in the cooker. Soak tamarind in 1 cup of water for 1 hour and make a juice of 2 cups. Wash and cut vegetables (tomato, carrot, onion) into medium sized pieces. In a fry pan, heat oil over medium heat and saute mustard seed urad dhal, fenugreek and asafoetida until they become golden brown. Add curry leaves also if you have them. Add the vegetables into it. Stir for 5 minutes. Then add salt, sambar powder, tamarind juice, and coriander leaves. Remove the fry pan from heat and add to the cooked toor dhal and cook for 3 minutes. 7 servings.

5.18 SPINACH CURRY

1 packet spinach or mustard	1/2 tsp. cumin seeds
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greens	1 c. buttermilk
1/4 c. coconut (grated)	8 oz. plain yogurt
1/2 tsp. turmeric powder	1/2 tsp. mustard seeds
1/4 tsp. rice	1/4 tsp. fenugreek
1 red chili	1 tsp. oil

Cook spinach or mustard greens in 1/4 cup of water. Grind coconut, turmeric, rice, red chili and cumin seed with buttermilk into a fine paste and mix it with yogurt and cooked spinach. Heat the mixture. When it starts bubbling, stop the heat. Do not boil. Saute mustard seeds and fenugreek in oil. When mustard seed crack, remove pan from heat and add the sauteed mixture into the spinach. Goes well with rice.

5.19 STUFFED EGGPLANT CURRY

1 small ball tamarind (size of lime)	1/4 c. vegetable oil
1 eggplant if large, 6 if small	1/2 tsp. mustard seeds
	1/2 tsp. urad dhal

Masala ingredients:

2 Tbsp. chana dhal	1 Tbsp. curry leaves dried
2 Tbsp. urad dhal	1/4 tsp. turmeric
1/4 coconut	1 tsp. cumin seeds
4 red chillies	8 black peppers (whole)
1/4 tsp. asafoetida powder	2 tsp. salt

Soak tamarind in water for 1 hour and make a juice of about 1/2 cup. If using the big eggplant, cut it into 6 equal pieces. Take each piece and split it halfway with a knife. If using the small ones, split halfway with a knife. Saute masala ingredients in 2 tsp. oil for 5 minutes. and then grind them in the blender into a powder. Mix the powdered masala with 1 Tbsp. tamarind water and make it into a paste. Insert the paste equally into the slit of each eggplant piece. Add enough water with the rest of the tamarind water to make it into 2 cups. In a skillet over medium heat, heat the rest of the oil. Saute mustard seeds, urad dhal and curry leaves. When urad dhal turns into golden color, add the eggplants. Turn the eggplants very slowly so that the stuffing will not come out. When the eggplant is half cooked add the rest of the tamarind water and turmeric. Let the mixture come to a full boil. When the eggplants are completely cooked, remove from hot and serve it hot with rice.

5.20 TOMATO CURRY

6 medium size tomatoes	2 c. coconut milk (thick)
1 whole onion	1/2 tsp. red chili powder
4 Tbsp. oil	1/4 tsp. turmeric
1/2 tsp. mustard seeds	1 tsp. salt
1/2 tsp. urad dhal	1 Tbsp. onion (crushed)
1 tsp. cumin seed (crushed)	

Cut tomatoes into cubes and the onion lengthwise. Heat oil in a saucepan and saute mustard seeds and urad dhal. When urad dhal turns into golden color, add the onion. When onion turns into golden color, add the tomato pieces. Continue sauteing

tomatoes for 10 minutes. Then add coconut milk, red chili powder, turmeric, into the salt, crushed onion and cumin seeds. When the liquid comes to thicker consistency, remove from and heat and serve it hot with rice.

5.21 VATHAL KULAMBU (Curry with dried vegetables)

Note: Any kind of dried vegetables can be used. But *sundaikai* and *molathakkalikai* are the 2 main dried vegetables can be bought in the Indian stores. You can also dry vegetables during summer in the sun.

2 Tbsp. oil	2 red chilies
1/3 c. dried vegetables	1/2 tsp. fenugreek
1/2 tsp. mustard seeds	2 tsp. sambar powder
1 tsp. chick peas	1/4 tsp. turmeric powder
1 tsp. curry leaves	1/2 tamarind, size of lime
1/2 tsp. asafoetida	salt to taste
	1 tsp. rice flour

Soak tamarind in 1 cup of warm water for an hour and make 1 cup of concentrated tamarind juice by loosening the pulp. In a medium saucepan, over low heat, saute in 2 tbsp. oil the next 7 ingredients. When the mixture turns into a golden brown color, add tamarind juice, salt and sambar powder. Let it boil for 15-20 minutes. Mix 1 tsp. rice flour in 2 tbsp. cold water and pour it into the curry. When the mixture comes to a full boil, remove from the heat and serve it hot with rice. 3 or 4 servings.

6 VEGETABLE SIDE DISHES

6.1 AVIAL

1/4 lb. beans	3 green chilies
2 carrots	1 tsp. rice
2 cucumbers	1 c. water
2 or 1/2 lb. potatoes	1 tsp. salt (or more)
1/2 eggplant (1/4 lb)	1/4 tsp. red pepper powder
1 raw banana	1/4 tsp. turmeric
1 bell pepper	1/2 yogurt
2 tomatoes	1 Tbsp. coconut oil (optional)
1/2 coconut (fresh)	1 Tbsp. curry leaves (optional)

Wash and cut all vegetables lengthwise 1/2 inch wide, 1 1/2 inches long. Grind coconut, green chilies and rice (soak in water for awhile) adding enough water to make a coarse paste. Cook vegetables in a cup of water adding salt, pepper and turmeric. When vegetables are cooked, add the masala paste and stir well. Let the mixture come to a full boil. Remove from stove and add beaten yogurt and more salt if necessary. Add 1 tablespoon of coconut oil and curry leaves if available.

6.2 FRIED BEANS

2 lb. green beans	3 Tbsp. oil
1 c. water	1/2 tsp. mustard seeds

1 tsp. salt	1/2 tsp. urad dhal
1 tsp. sambar powder	1 Tbsp. onion (chopped)
2 Tbsp. coconut (shredded)	

Dice green beans into small pieces. Mix 1 cup of water, salt and sambar powder with the cut beans in a saucepan and cook until they become soft. When the water evaporates, add the coconut to it. Stir the mixture and remove from the heat. In a frying pan, heat the oil and saute mustard seeds and urad dhal. When the mustard seeds crack, add the onion. When the onion turns into golden color, add the cooked beans. Mix well and remove from the heat. 8 servings. This same preparation can be used for many other kinds of vegetables.

6.3 BROCCOLI/ASPARAGUS KOOTU

1 hot green pepper]	
2 Tbsp. coconut (shredded)]	masala ingredients
1 tsp. cumin seeds]	
2 c. broccoli or asparagus (frozen or fresh}		1/2 tsp. mustard seeds
1/3 c. moong dhal		1/2 tsp. urad dhal pieces.
salt to taste		1/8 tsp. asafoetida (powder)
		2 Tbsp. oil
		1 Tbsp. onion (chopped)

In the mini-blender, grind pepper, cumin seeds and coconut with 1/4 cup of water into a coarse paste. Cut broccoli or asparagus into small pieces. Boil moong dhal in 3 1/2 cups of water. When dhal is about 2/3 cooked, add broccoli or asparagus into it. When broccoli is half cooked add the ground masala paste and salt into it. When the vegetable becomes soft and well cooked, remove from the heat. Saute mustard seeds, urad dhal and asafoetida in oil. When mustard seeds crack, add onion. When onion turns into golden color add the vegetables. Stir the entire mixture and remove from the heat. Goes well with rice.

6.4 BRUSSELS SPROUTS KOOTU

1 lb. Brussels sprouts	1/2 tsp. mustard seeds
2 c. water	1/2 tsp. urad dhal
2 Tbsp. chana dhal	2 Tbsp. oil
2 hot green peppers	1 Tbsp. onion (chopped)
1 tsp. salt	2 Tbsp. coconut (shredded)
3/4 tsp. cumin seeds (powder)	

Cut each Brussels sprout into 5 pieces and keep it aside. In a saucepan boil 2 cups of water and cook chana dhal in it. When dhal is half cooked (takes about 10 minutes, add Brussels sprouts, pepper, salt, cumin seed powder into it. When Brussels sprouts become soft, remove saucepan from heat. Saute mustard seeds and urad dhal in oil. When mustard seeds crack, add chopped onion and when they become golden brown add cooked Brussels sprouts and the shredded coconut. Stir the mixture and remove from the heat. Serve it hot. Goes well with rice. 10 servings.

6.5 CABBAGE PREPARATION (Type I)

1 medium cabbage	2 Tbsp. moong dhal or chana dhal
2 hot green peppers	1 c. water
1 tsp. salt	1 Tbsp. onion (chopped)
1/2 tsp. mustard seeds	2 Tbsp. coconut (shredded)
1/2 tsp. urad dhal	
3 Tbsp. oil	

Shred cabbage into tiny pieces. Cut green pepper into small pieces. In a saucepan boil moong dhal or chana dhal in 1 cup of water. When the water boils, add green pepper, salt and shredded cabbage. When the cabbage is cooked (do not overcook), remove from heat and drain the water if there is any. In a frying pan, saute mustard seeds and urad dhal in oil. When the mustard seeds crack and urad dhal turns brown, add onion. When the onion turns golden add the cabbage and coconut. Stir well and remove from heat. Serve with rice. Serves 10.

6.6 CABBAGE PREPARATION (TYPE II)

1/2 lb. cabbage	2 red or green chillies
2 Tbsp. peas or Lima beans	1/2 tsp. urad dhal
salt to taste	2 Tbsp. curry leaves
1/4 tsp. turmeric powder	2 Tbsp. oil
1/2 c. water	1/4 tsp. ginger (chopped)
1/2 tsp. mustard seeds	3 Tbsp. coconut (shredded)

Cut the cabbage into tiny pieces and wash them. Steam cook cabbage and Lima beans (or peas) with salt, turmeric powder and 1/2 cup of water in a pressure cooker until the vegetables become soft. In a saucepan, fry the mustard seeds, chillies, urad dhal and curry leaves in oil. When mustard seeds crack add ginger and cooked vegetables. Sprinkle shredded coconut. Stir the mixture well and remove from heat. Serve hot. The same preparation can be used for many other vegetables. Substitute beans, carrots, beets and turnip in place of cabbage.

6.7 CABBAGE ROLLS

1 cabbage	1 c. water
3 c. leftover vegetable or meat	1/2 tsp. salt
a few toothpicks or thread	1/2 tsp. chili powder
1 c. gram flour	oil for deep frying

Carefully separate each leaf and wash under running water. Blanch them by dipping them in boiling water for a minute and then in cold water. Blanching can be done also by leaving the leaves in the freezer for 2 hours. Spread the leaf and fill it with curried vegetable or meat. Carefully roll it and secure it with a thread or toothpick. Make a batter by mixing gram flour, 1 cup of water, salt and chili powder. Dip each stuffed cabbage in the batter and deep fry in oil until golden brown. Serve them hot.

6.8 FRIED CARROTS

4 carrots	2 Tbsp. onion (chopped)
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1/2 tsp. urad dhal	2 tsp. hot green pepper(chopped)
1/4 tsp. mustard seeds	2 Tbsp. coconut (shredded)
3 Tbsp. oil	salt to taste

Shred carrots with a shredder. In a 4 quart saucepan saute urad dhal and mustard seeds in oil. When mustard seeds crack, add the onion and green pepper. When the onion turns into golden color, add the shredded carrots, coconut and salt. Stir and add 1/8 cup of water. Keep on stirring often and when carrots become soft, remove from heat. Serve it hot with rice. 6 to 7 servings.

6.9 CARROT SALAD

4 carrots	1 tsp. hot green pepper chopped
2 Tbsp. lime juice	salt to taste

Shred carrots. Mix with lime juice, salt and pepper. N.B. Instead of lime juice you can also use 1 cup of plain yogurt and mix shredded carrots with salt and pepper.

6.10 FRIED CAULIFLOWER (Type I)

1 big cauliflower	1 Tbsp. onion(chopped)
4 Tbsp. vegetable oil	salt to taste
1/2 tsp. urad dhal	1/8 tsp. turmeric
1/2 tsp. mustard seeds	1 tsp. coriander powder
	1/2 tsp. chili powder

Take each section of the cauliflower apart. Wash them and keep them ready. In a 4 quart saucepan heat oil. Saute urad dhal and mustard seeds. When mustard seeds crack, add the onion. After 3 minutes, add cauliflower, salt, turmeric, coriander and chili powder. Keep on stirring until cauliflower becomes soft and cooked. Takes about 10 minutes to be cooked. Remove from the stove and serve hot with rice. 5 servings.

6.11 FRIED CAULIFLOWER (Type I)

1 medium cauliflower	salt to taste
3 eggs 1/2 tsp.	red chili powder
1 Tbsp. gram flour	oil for deep frying

Split cauliflower into small florets. Wash them well and half cook in a pressure cooker by steaming, (without adding any water). Beat the eggs with a fork and mix gram flour, salt and chili powder with it. Dip each cauliflower piece in the batter of egg mixture and deep fry in oil.

6.12 FRIED CAULIFLOWER (Type III)

1 cauliflower	salt to taste
4 Tbsp. oil	1/2 tsp. red chili powder
1 medium onion (chopped)	3 eggs

Cut cauliflower into tiny pieces and wash them well. Heat oil in a frying pan and saute onion in it. After 2 minutes add the cauliflower, salt and the chili powder. When cauliflower is cooked, beat the eggs and pour it into it. Keep on stirring until the eggs are cooked. Remove from heat and serve it hot.

6.13 STUFFED EGGPLANTS (Type I)

2 Tbsp. coriander seeds]		5 1/2 Tbsp. oil
2 Tbsp. cumin seeds]	spices	2 large onions (chopped)
1 Tbsp. red chilies]		salt to taste
6 Tbsp. chana dhal]		15 eggplants

Fry chilies, coriander, cumin and chana dhal in 1/2 tablespoon of oil until golden brown. Saute the onions in 1 tablespoon oil until brown. Dry blend the spices into a powder first. Then add the sauteed onion and salt with the powder and blend them into the paste. Split open the eggplants and stuff them with the paste. Heat 4 tablespoons and mustard of oil in a pan and place the eggplants on it. Cook until done. Turn over at least twice so that all sides will be cooked equally. (You can bake them also instead of frying.)

6.14 Eggplant STUFFED (Type II)

Masala Ingredients:

1 tsp. tamarind (extract)		
1 tsp. chana dhal		salt to taste
1 tsp. coriander seeds		1/2 c. oil
1 tsp. oil		1/2 tsp. mustard seeds
2 red chilies		1/2 tsp. urad dhal
3 Tbsp. coconut (scraped)		5 small eggplants
1/8 tsp. asafoetida		
1 tsp. oil (to saute spices)		

Saute masala ingredients in 1 teaspoon oil and dry blend them into a powder. Dissolve tamarind paste and salt in 1 tablespoon of water and mix. Split open eggplants and stuff them with the masala powder. In a frying pan, heat 1/2 cup of oil and saute mustard seeds and urad dhal. When mustard seeds sputter, add the eggplants in it. As soon as eggplants are cooked well, remove from heat. Goes well with rice and sambar.

6.15 PARUPPU USARI OR VADACURRY

2 c. cauliflower or cabbage (shredded)		2 red peppers
1/2 tsp. salt		1/2 tsp. mustard seeds
1 c. toor dhal		1/2 tsp. urad dhal
1/8 tsp. asafoetida (powder)		4 Tbsp. oil

Cook shredded cabbage or cauliflower with 1/2 cup of water and 1/2 teaspoon of salt in a saucepan over medium heat. Soak toor dhal in water for 1 hour and grind it in the blender with asafoetida, red peppers, 1 teaspoon of salt and 1 tablespoon of water into a coarse paste. In a skillet, saute mustard seeds and urad dhal in 4 tablespoons of oil. When mustard seeds sputter, add the toor dhal paste. Keep stirring for 10 minutes. Then add the cooked cabbage or cauliflower into the skillet. Mix well for 5 minutes and then remove from the heat. This side dish goes well with rice and vathal kulambu. 7 servings.

6.16 FRIED POTATOES (Type I)

3 potatoes	6 Tbsp. onion (chopped)
5 Tbsp. oil	3/4 tsp. salt
1/4 tsp. mustard seeds	1/8 tsp. turmeric
1/2 tsp. urad dhal	1/2 tsp. red chili powder

Scrape the skin off the potatoes and cut them into tiny squares of 1/4 inch. In a fry pan, heat oil with mustard seeds and urad dhal. When mustard seeds crack, add the onion to it. After a minute, add the potatoes. Keep stirring for a minute. Then add salt, turmeric and red chili powder. Keep on stirring until potatoes become soft and cooked. Then remove from heat and serve. 5 servings.

6.17 FRIED POTATOES (Type II)

3 potatoes	1/2 tsp. mustard seeds
salt as per taste	1/2 tsp. urad dhal
1/4 tsp. cumin seeds (minced)	2 Tbsp. onion (chopped)
3 Tbsp. oil	1/2 Tbsp. hot green pepper
1/4 tsp. ginger (chopped)	(chopped)

Boil potatoes in water until they become soft. When fully cooked, remove potatoes from hot water. Peel off the skin and cut them into small cubes. Add salt and minced cumin seeds. In a frying pan, heat oil and saute mustard seeds and urad dhal. When mustard seeds crack, add onion, pepper and ginger. When onion turns into golden color, add the potatoes. Stir the whole mixture and remove from heat. Serve hot. 5 servings.

6.18 SPINACH FRIED

1 lb. spinach	1 Tbsp. onion (chopped)
3 Tbsp. oil	1 hot green pepper (chopped)
1/2 tsp. mustard seeds	1/2 tsp. salt
1/2 tsp. urad dhal	2 Tbsp. coconut (shredded)

Wash spinach very well and cut spinach into tiny pieces. Heat oil in the frying pan. Add mustard seeds and urad dhal. When mustard seeds crack, add the onion and the pepper. After 2 minutes, add the spinach and salt to it. Keep stirring often. Close the pan with the lid and spinach will be cooked in the oil itself. (Do not add any water.) When the spinach becomes tender, remove from heat and add the shredded coconut. Mix well and serve hot. 4 to 5 servings. For a variation, cashew nuts or boiled peanuts can be added instead of coconut.

6.19 SPINACH MASIAL

1 lb. spinach	3/4 c. water
1 tomato	1/4 tsp. tamarind extract
4 cloves garlic	1 Tbsp. oil
2 Tbsp. onion (chopped)	1/2 tsp. urad dhal
2 hot green peppers	1/2 tsp. mustard seeds
3/4 tsp. salt	

In a saucepan, cook spinach, tomato, crushed garlic, onion, pepper and salt in 3/4 cup of water. When spinach becomes very soft (cooked well) remove saucepan from heat. Let it cool for about 1/2 hour. Pour the spinach mix and tamarind into the blender and grind it into a smooth paste. Heat oil in a frying pan and saute mustard seeds and urad dhal. When mustard seeds crack, add the spinach mixture into it. Stir the mixture well and remove from heat. Goes well with plain rice.

6.20 VEGETABLE CUTLET

4 (medium) potatoes	1 c. mixed vegetables (frozen)
2 Tbsp. oil (for sauteing)	1/2 c. water
2 Tbsp. onion (chopped)	1 tsp. salt
Spice Powders:	2 eggs
1/8 tsp. coriander powder	3 Tbsp. bread crumbs paste
1/4 tsp. cinnamon powder	oil for deep frying
1/4 tsp. cloves powder	
1/4 tsp. garlic powder	
1/4 tsp. chili powder.	

Boil potatoes in water until they become soft. Then peel off the skin and mash them into a fine paste. Heat 2 tablespoons of oil and saute onion in it. When onion turns into golden color, add spice powders. A minute after, add the mixed vegetables. Stir and pour a 1/2 cup of water. When vegetables are cooked most of the water would have been evaporated. Remove vegetables from heat and mix them with mashed potatoes and salt. Make them into small balls, about the size of a lime. Beat the eggs well. Coat each ball with bread crumbs, dip them in egg and deep fry in oil until they become golden brown. Makes into 20 cutlets.

6.21 CUCUMBER KOSUMALLI

2 cucumbers	1 lemon
1/2 c. moong dhal	2 tsp. oil
1 tsp. mustard	2 Tbsp. coriander leaves
1/8 tsp. asafoetida	1 tsp. salt

Peel the skin off the cucumbers and shred them. Soak moong dhal in a cup of water for 15 minutes. Remove the water and spread the dhal on a paper towel for 2 minutes. Add the dhal and salt to the cucumber. Soak asafoetida in 2 teaspoons of water for 10 minutes and mix this asafoetida water with the cucumber. In a fry pan heat 2 teaspoons of oil and add mustard seeds. When mustard seeds crack, remove pan from heat and pour the cracked mustard seeds into the cucumber. Take juice out from 1 lemon and add it to the cucumber mixture. Garnish it with coriander leaves.

6.22 CORIANDER LEAVES CHUTNEY

1 bunch coriander leaves (25 pieces)	4 Tbsp. urad dhal
2 Tbsp. oil	1/3 c. coconut (shredded)
6 red chilies	1 tsp. tamarind, (paste)
1/4 x 1/4 inch asafoetida (small piece)	1 tsp. salt
	1/4 c. water

Wash and clean coriander leaves and cut them into small pieces after removing the roots. Saute chilies, asafoetida and urad dhal in oil until golden brown. Grind coconut, red chilies, asafoetida, finely, first. Then add tamarind paste, salt, coriander leaves and urad dhal (fried) and grind coarsely. (Urad dhal should not be ground fine.) This chutney goes well with dosai and adai. Can keep in the refrigerator for many days. Note: If using asafoetida powder. (instead of whole asafoetida), use 1/4 teaspoon, but do not fry. Add it while grinding other ingredients.

6.23 COCONUT CHUTNEY

1 coconut	2 c. water
3 hot green peppers	2 tsp. vegetable oil
1 tsp. salt	1/2 tsp. mustard seeds
2 Tbsp. coriander leaves	1/2 tsp. urad dhal
1/4 tsp. fresh ginger (chopped)	1 tsp. curry leaves
1 clove garlic	

Scrape coconut or cut coconut into small pieces. In a blender grind first 6 ingredients with 2 cups of water into a coarse paste. In a fry pan, heat oil over medium heat. Saute mustard seeds, urad dhal and curry leaves. When mustard seeds crack and urad dhal turns into golden color, remove fry pan from heat and pour the sauteed mixture into the ground paste of coconut Stir the whole mixture. Goes well with idli and dosai .

6.24 ONION CHUTNEY

4 onions preferably red	1/2 tsp. salt
onions	1 Tbsp. water
3 Tbsp. oil	1/2 tsp. mustard seeds
3 red chilies	1/2 tsp. urad dhal
1/4 tsp. tamarind (extract)	

Cut onions into small pieces and saute them in 2 tablespoons of oil for 5 minutes. Keep stirring. A minute before removing from fire, add the red chilies. Remove from heat and grind them in blender with tamarind, salt and water into a fine paste. Heat 1 tablespoon of oil over medium fire in a fry pan. Saute mustard seeds and urad dhal. When mustard seeds crack, add the paste into it. Mix well and remove from heat. Goes well with dosai.

6.25 SESAME CHUTNEY (Type I)

1/4 c. sesame seeds	1 clove garlic
3 tsp. oil	1 tsp. salt
2-3 red chilies	2 c. water
1/2 coconut	1/2 tsp. mustard seeds
1 tsp. tamarind (paste)	1/2 tsp. urad dhal

Brown sesame seeds in a skillet over low heat until most of them crack. Saute chilies in 1 teaspoon of oil in a skillet until golden brown. Then grind them in a blender with coconut, tamarind, garlic, salt and water into a coarse paste. Then add the sesame

seeds and grind the whole mixture into a fine paste. Over medium heat, saute mustard seeds and urad dhal in 2 teaspoons of oil until golden brown. Remove from heat and pour the sauteed mixture into the above ground paste. Tastes good when eaten with dosai.

6.26 CRANBERRY PICKLE

1 pkg. cranberries	2 pinches asafoetida powder
1/2 c. sesame seed oil or any vegetable oil	4 tsp. red pepper powder
1/2 tsp. mustard seeds	1/4 tsp. fenugreek (dry fry to deep brown color and powder)
	4 tsp. salt or more

Soak cranberries overnight in water and drain. Heat oil and fry mustard seeds and add asafoetida powder. Add cranberries, cover and cook until the berries get soft and crushed. Add red pepper powder, fenugreek powder and salt. Cook until the water is almost absorbed. Cool and store in the refrigerator for 6 months or more.

6.27 EGGPLANT PICKLE (Type I)

1/2 x 1/2 inch ginger	15 hot green chillies
1 full clove garlic	2 tsp. chili powder
2 tsp. turmeric	2 tsp. cumin seeds
1/4 c. water	1 tsp. mustard powder
1/2 cup oil	2 large eggplants
1 tsp. mustard seeds (whole)	1/2 c. vinegar
2 tsp. fenugreek (roasted and powdered)	1/4 c. sugar
	1/4 c. salt

Grind ginger, garlic and turmeric to a paste with 1/4 cup of water. Heat oil and add mustard seeds. When they crack add the fenugreek powder and the ground paste. When the masala smells cooked, add the rest of the spices (green chilies, chili powder, cumin seeds, mustard powder). Wash and cut the eggplants to 1/2 inch cubes and add them to the well cooked masala. Cook on low heat until eggplant is wilted. Now add the vinegar, sugar and salt. Cook for 5 minutes and remove from heat. Bottle when cool. Can be stored in the refrigerator for 2 months.

6.28 EGGPLANT PICKLE (Type II)

5 small eggplants	7 tsp. red pepper powder
1 c. sesame oil	5 tsp. salt
1 tsp. mustard seeds	1/2 tsp. tamarind (paste)
1/2 tsp. asafoetida (powder)	1/4 tsp. fenugreek (dry fry to deep brown and powder)

Chop the eggplants into small pieces and soak them in water. Drain off water. Heat oil in a fry pan and saute mustard seeds and add asafoetida powder. Add eggplant pieces, red pepper, salt tamarind concentrate and fenugreek powder. Cook altogether until all the water is absorbed. Cool and store preferably in refrigerator for about 6 months or more.

6.29 LEMON PICKLE

5 lemon or lime	3 Tbsp. oil
2 tsp. chili powder	1/4 tsp. fenugreek
3 Tbsp. salt	1/4 Tbsp. asafoetida
1/2 tsp. mustard seeds	

Cook lemon in 1 cup of water. Cut each lemon into small pieces. Each lemon can be cut into 10 pieces. Add salt and chili powder. Saute mustard in a skillet with 3 tablespoons oil. As soon as the mustard seeds crack, pour the lemon pieces into it. Saute fenugreek and asafoetida in a drop of oil and powder it. Mix the powder with the lemon pieces. Bottle the pickles and refrigerate for 6 months. Goes well with yogurt rice.

6.30 VEGETABLE PICKLE

6 green peppers	1 x 1 inch ginger
4 carrots	5 tsp. chili powder
1/2 lb. beans	2 tsp. black pepper powder
2 beet roots	1 tsp. cumin seed powder
1 c. peas	1 tsp. cinnamon powder
2 potatoes	3 Tbsp. tamarind (extract)
2 onions (medium)	5 Tbsp. salt
2 cloves garlic	1/4 c. vinegar

Cut first 9 items into tiny pieces. Dry carrots, beans, peas, potatoes and beet root in the sun for 2 hours during summer. During winter, keep it in the oven at 450 degrees until vegetables become dried. In a saucepan, heat 1 1/2 cups of oil and saute ginger, garlic and pepper. After 3 minutes, add spice powders (chili powder, black pepper powder, cumin seed powder and cinnamon powder.) Then add tamarind extract and onion. After 5 minutes add all vegetables and salt. Keep on stirring and cook vegetables for 10 minutes. Then add vinegar. Mix well and remove from heat. Add the rest of the oil and bottle the mixture. Keeps for 6 months in refrigerator.

6.31 TOMATO PICKLE

1 Tbsp. fenugreek	1 pinch asafoetida
1 c. oil	4 Tbsp. chili powder
1 tsp. curry leaves	3 Tbsp. salt
10 tomatoes (cut into cubes)	4 Tbsp. jaggery or brown sugar

Dry fry fenugreek seeds until they turn into golden colors and powder the fried seeds in a grinder. Heat oil and saute curry leaves and cut tomatoes. Add asafoetida. When tomatoes are cooked and the gravy is thick, add chili powder, salt, jaggery and powdered fenugreek. Keep stirring until the mixture becomes thick and oil floats on top. Remove from heat; cool and store in clean jar.

6.32 CORIANDER AND MINT LEAVES THUVIAL

1 c. coriander leaves	1/2 tsp. salt
1 c. mint leaves	1/4 tsp. tamarind extract

2 red chilies
1 1/4 Tbsp. oil

2 cloves garlic

Saute both leaves in 1 tablespoon of oil over medium heat for 5 minutes. Saute the 2 chilies in a drop of oil for 1 minute. Grind sauteed leaves and chilies with salt, tamarind and garlic into a fine paste. Goes well with yogurt rice.

6.33 EGGPLANT THUVIAL

1/10 inch asafoetida
4 red chilies
4 Tbsp. urad dhal
2 1/2 Tbsp. oil

1 big eggplant
1 tsp. tamarind (paste)
1/8 Coconut (grated)
salt to taste

Fry asafoetida, red chilies, urad dhal in 1/2 tablespoon oil until golden brown and keep it aside. Peel the skin off of the eggplant and cut it into thin pieces. Saute pieces of eggplant in 2 tablespoons of oil in a saucepan until they are well cooked. In a blender grind sauteed (cooled) eggplant, asafoetida and red chilies with tamarind extract and coconut. When they are half ground, add sauteed dhal also into the blender to be ground into a coarse paste. Add salt. Keep it in the refrigerator. Goes well with any kind of rice.

6.34 PARUPPU (Dhal) THUVIYAL

1/2 c. toor dhal
2-3 red chilies
1 tsp. oil

1/4 coconut
1/4 tsp. salt
1/2 c. water

Saute toor dhal and chilies in oil until golden brown. Grind coconut, dhal, chilies and salt in a blender with 1/2 cup of water, into a fine paste. Goes well with rice. May add a clove of garlic when grinding.

6.35 SQUASH THUVIYAL

1 1/2 c. squash
2 Tbsp. urad dhal
2-3 red chilies

2 tsp. oil
1/2 c. shredded coconut
1/2 tsp. salt

1/4 c. water

In 1 teaspoon of oil, saute squash pieces until they become soft. Keep it aside. In a fry pan, saute urad dhal and chilies in 1 teaspoon of oil until they become golden color. Blend squash, chilies and coconut with 1/4 cup of water. When fully ground, add sauteed dhal and salt and grind coarsely. Keeps for many days in refrigerator.

6.36 COCONUT PACHADI

1 potato (medium-sized)
1 c. coconut (shredded)
4 hot green peppers
1 1/2 c. water
1/2 c. yogurt
2 Tbsp. chopped coriander leaves

1/2 tsp. salt
1/2 tsp. mustard
1 tsp. curry leaves
1/2 tsp. urad dhal
1 Tbsp. oil

Boil potato in a cup of water until it is well cooked. Peel the skin off and mash it to a fine paste. Grind coconut and pepper in a blender with 1/2 cup of water into a smooth paste. Mix both the above pastes with yogurt and salt. In a skillet, over medium heat saute mustard seeds, curry leaves and urad dhal in a tablespoon of oil. When mustard seeds crack and urad dhal becomes golden brown, pour over the yogurt mixture. Chopped green coriander leaves may be added.

6.37 EGGPLANT PACHADI

1 eggplant	1/2 tsp. urad dhal
1 c. yogurt	2 tsp. hot green pepper (chopped)
1/4 tsp. salt	1 Tbsp. onion (chopped)
1 Tbsp. oil	1 Tbsp. coriander leaves
1/2 tsp. mustard seeds	(chopped)

Preheat oven to "broil" .Place split eggplant in an aluminum tray and leave it inside the oven for 40 minutes. Remove the eggplant from the oven and peel off the skin. Mash eggplant well with hand and mix it with yogurt and salt. In a saucepan, saute urad dhal and mustard seeds in oil. When mustard seeds crack, add the chopped onion and pepper. When onion turns into golden a color, dump the eggplant mixture into it. Add the coriander leaves also. Stir well and remove from heat. Goes well with plain rice, idli and dosai.

6.38 SQUASH PACHADI

1/2 c. coconut (shredded)	1/2 tsp. salt
1 tsp. mustard seeds	1/2 tsp. turmeric
3 hot green peppers	2 Tbsp. oil
1 Tbsp. rice	1 tsp. mustard seeds
2 1/2 c. water	1/2 tsp. urad dhal
1 tsp. tamarind (paste)	1 tsp. curry leaves
4 c. squash (cut in cubes)	

In a blender, grind first 4 items with 1/2 cup of water until it becomes a smooth paste. Keep this aside. Mix tamarind paste in 2 cups of warm water. In a saucepan, cook squash with tamarind water, salt and turmeric .When squash becomes soft, add the ground paste. Let the whole mixture come to a full boil and then remove from heat. Heat oil in a fry pan over medium heat. Add mustard seeds, urad dhal and curry leaves. When mustard seeds crack and urad dhal becomes golden brown, pour the squash mixture into it. Stir the mixture and remove from heat. Goes well with rice. 5-7 servings.

6.39 TOMATO PACHADI

3 tomatoes	1 tsp. rice flour
1 onion	1/2 tsp. mustard seeds
1/2 c. frozen peas	1/2 tsp. urad dhal
salt to taste	2 Tbsp. oil
1/8 tsp. turmeric	2 Tbsp. bell pepper (chopped)
1/2 tsp. sambar powder	2 Tbsp. coriander leaves
1/2 c. water	

Cut tomatoes and onion into small pieces. Cook tomatoes and peas with salt, turmeric and sambar powder in 1/2 cup of water.]When vegetables become soft, mix 1 teaspoon of rice flour with teaspoon of water and pour it into the tomato-pea mixture. Stir the mixture, let it come to a boil and remove from heat. In a fry pan, over medium heat, saute mustard seeds and urad dhal in oil. When mustard seeds pop, add onion and pepper. When onion becomes golden brown, pour this into vegetable mixture. Garnish with coriander leaves and stir well. 6 to 8 servings.

6.40 YOGURT PACHADI

4 onions {medium}	2 c. yogurt
1 hot green pepper	1 Tbsp. coriander leaves (chopped)
1 tomato (small)	1/2 tsp. salt

Cut onions lengthwise into thin pieces, pepper and tomato into small pieces. Mix them with the rest of the ingredients and refrigerate. Goes well with any kind of pilaf. May soak onion pieces in water for about 5 minutes and strain to remove the strong smell.

6.41 VADAHAM (Dried Rice Sticks)

3 green hot peppers] to	1 tsp. tapioca
1 pinch asafoetida] be	1 c. rice flour
salt to taste] ground	2 tsp. lime juice

Needed utensils: Murukku shooter.

In the mini-blender, grind green pepper, asafoetida and salt with 1/4 cup of water into a fine paste. Well cook tapioca in a saucepan with 1/4 cup of water until it disintegrates with the water. When the mixture becomes glue-like fluid, add 1 1/2 cups water and the above ground paste into it. Let the whole mixture come to full boil. Add rice, flour, stir the mixture. Close it with a lid and remove from heat. After an hour add the lime juice and mix it well. Preheat oven to 450 degrees. In a Murukku shooter attach any kind of plate you may prefer. Fill the Murukku shooter with the dough. Press it to make any round design you would want on the top of the aluminum foil spread on a tray. Dry it in the oven. Heat the oven and leave the tray inside. After awhile turn the oven off. When the heat wears off, turn the oven on again. Repeat this process until they all dry well. Then store these pieces in airtight cans. Looks like macaroni. Keeps for months. Deep fry few pieces in oil at a time whenever you wish.

7 SWEET DESSERTS

7.1 ACHUMURUKKU

1 c. oil (for frying)	5 Tbsp. sugar
1/2 c. rice flour	3/4 c. milk or coconut milk
1/2 c. all purpose flour	

Utensil needed: Rosette iron. Mix the flours, sugar and milk to make the batter. Over medium heat, heat the oil in a fry pan. When the oil is well heated, fix any

pattern you want on the rosette iron. Dip the iron into the hot oil and then dip the iron halfway into the batter to get the coating. Take iron out and dip the iron into the hot oil. Achumurukku will pop out of the iron. In case it does not pop out from the iron, using the tip of a knife, loosen the batter coating from the iron. Achumurukku turns into golden color in about a few seconds. Turn it over for the other side to be deep fried. It takes only a few seconds for both sides to be deep fried. Take it out using a fork. You can make only one at a time, but it goes fast. Achumurukku will be crisp if it is being kept in an airtight container. Makes 42 achumurukkus.

7.2 BASANTHI (Type I) A sweet milky liquid dessert.

1/4 c. almonds	1 1/2 c. sugar
1/8 c. cashews	1 drop yellow food color
1/4 c. pistachio nuts	1/4 tsp. cardamom powder
1 gal. milk	1/8 tsp. saffron

Soak almonds, cashews and half of the pistachio nuts in water for 2 hours and grind them in a blender adding 1/2 cup of milk into a coarse paste. Heat the rest of the milk in a pan over medium heat until it boils, stirring constantly. Add the ground paste into the milk and cook for 15 minutes. Add sugar and food color and concentrate to the consistency of evaporated milk. Add cardamom powder and saffron and remove from heat. Chop the rest of the pistachio nuts and garnish the basanti with that. Let it cool and serve. 15 servings.

7.3 BASANTHI (Type II)

2 qt. milk (half and half)	1/8 c. cashew nuts
1 1/2 c. sugar	1/4 c. almonds
1/2 pinch saffron	8 cardamom (crushed seeds)
1/4 c. pistachio nuts	mustard seed-size cooking camphor

Boil the milk and remove the top layer of fat repeatedly until the volume is reduced to about 1/3. Add Sugar and let it boil for about 15 minutes. Crush the removed fat into small flakes and add back to the boiling milk. Add saffron. Remove from heat. Let it cool and refrigerate. Mix crushed nuts and cardamom powder before serving. 10 servings. Dissolve cooking camphor in a teaspoon of milk, add for extra flavor (optional).

7.4 BATHAMKEER

1 c. bleached almonds	camphor (cooking camphor), size
1 gal. milk	of 2 mustards
2 1/2 c. sugar	2 Tbsp. pistachio nuts (crushed)
1/2 pinch saffron	2 Tbsp. cashew nuts (crushed)
	10-12 cardamom

Soak almonds in water for 2 hours and grind it in a blender adding enough water to make it into a coarse paste. Boil milk over medium heat until reduced to about half the volume. Add the almond paste. When the mixture boils, add sugar, saffron and cooking camphor. When the whole mixture comes to a full boil, remove from heat. Cool and add crushed nuts and powdered cardamom before serving. 8 servings.

7.5 BATHUSHA

1 c. all purpose flour	2 Tbsp. water
1 Tbsp. sugar	oil for deep frying
1/8 tsp. baking soda	syrup of 1/2 cup sugar and 1/4 c.
1/2 stick butter	water
1 Tbsp. yogurt	

Mix flour, sugar, baking soda, butter, yogurt and water to make the dough. Cover and set aside for 1/2 hour. Knead it very well and make small round flat patties. Deep fry them in oil. Use low heat. Make a syrup using sugar and 1/4 cup of water. When the syrup is about the consistency of a thread, put the fried patties in syrup and let them soak for a couple of minutes. Take them out and set them on a flat platter. Makes 15 bathushas.

7.6 BOLI (A type of pancake with sweet filling)

1 c. all purpose flour	1/4 c. coconut (shredded)
1/4 c. water	15 cardamom
1/4 c. oil	1 c. chana dhal
1/4 tsp. salt	1 1/8 c. brown sugar

Combine flour, water, oil and salt to make the dough and make it into small round balls of 15. Boil dhal with 3 cups of water and strain the water. Spread the dhal on a plate to be aired, for a few seconds.

Ground dhal and brown sugar without adding water. Saute shredded coconut, with 1 teaspoon of butter. Mix that and cardamom with the ground dhal. Make the dhal paste into 14 balls. With hand, flatten all purpose flour dough into a small circle of 2 inches in diameter. Set the ball of Channa dhal in the middle and fold the circle and cover the ball with the dough. With hand, flatten out this ball into a circle of 4 inches in diameter. Heat an iron griddle over medium heat. Brush it with butter and place the round pastry on it. When one side becomes golden brown, turn it over for the other side to become golden brown. Very good to eat when hot.

7.7 BOONTHI

1 c. gram flour	15 cardamom
2 tsp. rice flour	1/8 tsp. saffron
1/8 tsp. baking soda	1 c. vegetable oil
3/4 c. water (for dough)	12 cashew nuts
1 1/2 c. sugar	5 almonds
1/2 c. water (for syrup)	1 tsp. butter
2 drops yellow food coloring	

Mix gram flour, rice flour, baking soda with water and make the batter. Make a syrup by mixing 1 1/2 cups of sugar with 1/2 cup water over medium heat and when syrup becomes a stringy consistency, reduce heat and add coloring, powdered cardamom and saffron. In a fry pan, heat the oil. Holding a big slotted spoon over the oil, pour the batter through. In the place of a spoon you can also use the bottom part of Murukku shooter with the plates which have medium size round holes in it. As soon as the batter hits the oil it will look like small round pebbles. It will become golden

brown in 1 minute. Take them, drain oil and dip them in sugar syrup. Continue the process of pouring the batter through the holes in the spoon, deep frying and dipping in the syrup until all the batter is used. Keep taking boonthi out of syrup before you add new ones into it. Saute cashews and almonds in butter until golden brown and mix with boonthi.

7.8 BURFI -ALMOND (Type 1)

1 c. almonds	1/2 c. water
1/4 c. milk	1/2 c. melted butter
2 c. sugar	

Soak almonds for 3 hours, skin it and grind it into a coarse paste, adding 1/4 cup milk. Over medium heat, make a syrup in a saucepan by mixing 2 cups of sugar with 1/2 cup of water. When the syrup is of a thread consistency, add the paste. Keep on stirring while adding melted butter for about 15 minutes until it comes to a thicker consistency. Spread it on a greased pan. When cool, cut it into small squares. Makes 20 pieces.

7.9 BURFI -ALMOND (Type II)

1 1/4 c. sugar	1/4 tsp. cardamom (powder)
1 c. blanched almonds	2 drops food coloring
1 stick butter	

Make the syrup with sugar and equal amount of water. Grind the almonds to a dry fine powder in the blender. Add the almond powder to the syrup and cook, stirring constantly. Add the butter gradually. After the mixture thickens to the desired consistency (when it bubbles and doesn't stick to the pot), add cardamom and coloring. Then pour it in a pan and cut into pieces.

7.10 BURFI -ALL PURPOSE FLOUR

1 c. all purpose flour	1/2 c. water
2 c. melted butter	1 drop food coloring
2 c. sugar	

Mix flour with 1/2 cup melted butter and make a pastry. On a skillet over medium heat, mix 2 cups of sugar with 1/2 cup of water and make a syrup. When the syrup comes to the consistency of a thread, add the paste and a drop of food coloring. Keep on stirring and add the rest of the melted butter over it until it becomes soft and of a thicker consistency (about 15 minutes). Spread on a greased pan. When cool, cut it into small squares. Makes into 30 pieces. In the place of all purpose flour you can also use gram flour to make the gram flour burfi.

7.11 BURFI -CASHEW

1 c. cashews (raw)	1/2 c. water
1/2 c. milk	1 stick butter
1 1/2 c. sugar	1/2 tsp. cardamom

Soak raw cashews in 1 cup of hot water. Then grind it in a blender adding 1/2 cup of milk into a coarse paste. Mix 1 1/2 cups sugar with 1/2 cup of water and make a syrup over medium heat. When the syrup comes to a string consistency, add the ground cashew paste. Keep on stirring constantly. Add the butter gradually. After the mixture comes to a thicker consistency (when it bubbles and doesn't stick to the pot), add cardamom and then pour it in a pan. When cool, cut it into pieces.

7.12 BURFI -CHEESE

15 oz. (1 bowl) ricotta cheese	1/2 c. melted butter or ghee
15 oz. sugar	1/4 tsp. cardamom (powder)
2 c. coconut	2 drops food coloring
15 oz. milk, powdered	

Put ricotta cheese in a fry pan and heat it over medium heat. Keep stirring until the cheese turns into a light brown color (about 15 minutes). Add sugar and keep stirring until it is dissolved (about 10 minutes). Add coconut and let it cook until it becomes thick (about 15-20 minutes). Keep stirring. Add the milk powder and mix it well. Then add ghee, cardamom and the coloring. When the mixture is well incorporated and thick, remove from heat. Pour it into a greased pan. Cool and cut it into small pieces.

7.13 BURFI -COCONUT

1 c. fresh grated coconut	1/2 tsp. cardamom powder
1 1/2 c. sugar	

Mix the above 3 ingredients and heat them on the stove over medium heat. Keep stirring until the mixture comes to a thick consistency (about 15 minutes). Pour the mixture in a greased pan. When the mixture is cool, cut it into pieces. Makes about 12 pieces.

7.14 BURFI -COCONUT CHOCOLATE

1 1/4 c. sugar	3 Tbsp. Oval-tine
1/2 c. water	3 Tbsp. dry milk (powder)
1 1/2 c. coconut (grated)	2 Tbsp. condensed milk
2 Tbsp. almonds	1 tsp. melted butter

Mix sugar with 1/2 cup of water in a saucepan to make a syrup over medium heat. When it comes to a stringy consistency, add coconut, almonds, Oval-tine, milk powder and condensed milk. Keep stirring. When it becomes sticky, add the butter. When it comes to a thick consistency, remove from heat and pour it on a greased pan. When cool, cut into small pieces.

7.15 BURFI -MILK

1 c. milk	2 drops food coloring
1 c. vegetable oil	4 1/2 c. powdered milk
1 c. Sugar	2 tsp. cardamom

Steam cook the grated beet root without water in a pressure cooker for 5 minutes. Remove from the cooker and let it cool at room temperature. Over medium heat in a fry pan, add sugar, steamed beet root and Ricotta cheese. Keep stirring the mixture, adding the melted butter until it comes to a consistency that it would not stick to the fingers. Remove from fire. Grated carrot can be used in place of beet root. 5 servings.

7.20 HALVA -CARROT (Type I)

2 medium size carrots (shredded)	1/4 c. melted butter or ghee
1 c. milk	1/2 tsp. powdered cardamom
1 1/4 c. sugar	2 Tbsp. chopped nuts (almond

or pistachio)

In a saucepan add the shredded carrots and milk and cook on low heat. Stir about every 5 minutes until it thickens. Add sugar to the cooked carrots and stir well. After 5 minutes or so, add the butter or ghee, 1 or 2 teaspoonfuls at a time. Add the rest of the ghee every few minutes. Keep stirring until it gets thick. Add cardamom powder and chopped nuts and mix well. Before taking it out of the heat, make sure it does not stick to the sides of the pan. Then pour it in a greased plate and flatten it to 1/2 inch thickness and cut into 2 inch square pieces.

7.21 HALVA -CARROT (Type II)

8 medium carrots	1/2 c. chopped nuts (pistachios,
8 c. milk	almonds or cashews or a
2 1/2 c. sugar	combination)
3/4 c. butter or ghee	1 Tbsp. powdered cardamom

Grate carrots (that have been washed and peeled) and set aside. In a frying pan, fry nuts until brown. Add grated carrots and fry for 10 minutes. Add milk and cook over medium low heat until carrots are done (about 15 to 20 minutes). Occasional stirring is needed at the beginning until the milk starts boiling, to prevent the sticking of milk to the bottom of the pan. Add sugar, the 3/4 cup butter or ghee and cardamom powder and let the mixture boil well for another 20 minutes over the same medium low heat. Then pour the mixture into a greased 13 x 9 inch pan and bake in a preheated 400 degree oven for about an hour or in a preheated 350 degree oven for about an hour and a half. It has to bake until all the milk has evaporated and the halva becomes thick.

7.22 HALVA -CASHEW

1 c. cashew nuts (raw)	1 c. sugar
1/2 c. or more milk	1/2 c. melted unsalted butter

Soak cashew nuts for 3 hours and grind in the blender, adding as much of the milk as it needs (about 1/2 cup) to grind them into a fine paste. In a saucepan mix the paste with sugar and cook over medium heat. Keep stirring. Add butter gradually. When the mixture reaches the consistency of a gum, remove from fire. Can be served hot or cold.

7.23 HALVA -WHEAT

1 c. cracked wheat	2 drops food coloring (yellow)
2 c. sugar	15 cashew nuts
1 1/2 sticks butter	

Soak 1 cup of crocked wheat (which is sold in Indian stores) in 2 cups of water for 24 hours. Strain water and grind wheat well in a blender adding as much of the water as needed. Pour the mixture through a strainer and separate the milk. Let the milk settle for a while and remove the plain water which would be on the top of the milk. Make a syrup by mixing 2 cups of sugar with 1/2 cup of water and heating it for about 5 minutes. Then pour the wheat milk and the food coloring and keep on stirring for about 30 minutes. Add the butter. Break cashews into small pieces and saute them in a teaspoon of butter until golden brown and add that also. When the mixture comes to the consistency of a gum, ghee will separate itself and will be floating on top. Remove from heat and drain off the ghee. Can be served hot or cold.

7.24 JANGIRI (Type I)

1 c. urad dhal	1 c. sugar
1 tsp. rice	1/2 c. water
2 drops food coloring (yellow)	oil (for deep frying)

Mix urad dhal and rice in water and let it soak for 2 hours. Strain water and grind it in blender with 1/2 cup of water into a fine paste. Mix the food coloring with it. Make a syrup by mixing 1 cup of sugar with 1/2 cup of water and heat it to a string consistency. Keep it ready. Heat oil in a fry pan. Take clear white cloth with a small button hole in the middle. Fill the cloth with dough and press it against the button hole. Holding it over oil, make the design. Deep fry in oil. Take it out and drop it in the syrup. After it sucks the syrup, put it on a flat plate until it gets dried. Makes about 12.

7.25 JANGIRI (Type II)

2 c. all purpose flour	3 c. water
2 tsp. yeast	3 1/2 c. sugar
4 Tbsp. yogurt	2 c. water
1 pinch saffron powder	oil (for frying)
4 drops food coloring	

Make the batter by mixing flour, yeast, yogurt, saffron and food coloring (2 drops only) with 3 cups of water. Cover and set aside for 2 hours. Make a syrup by mixing 3 1/2 cups of sugar with 2 cups of water and heating it to a stringy consistency. Mix 2 drops food coloring with it. Keep ready plastic mustard (yellow liquid) container which has a nozzle on the top. Cut the top of the nozzle to make it larger. Heat oil in a fry pan. Fill the mustard container with batter, make design into the hot oil. In place of mustard container, a heavy plastic bag also can be used. Fill the bag with the batter and make a small hole at one corner of the bag. Make the design by pressing the plastic bag against the hole. 3 jangiries can be made at a time depending upon the size of the fry pan. Deep fry in oil and remove from oil with a slotted spoon. Drain the oil and let it soak in the syrup for 2-3 minutes. Remove and place them on a flat plate until they are dry. Design: one circle in the center, and six circles outside.

7.26 KHEER

1 c. cream of wheat	12 raisins
1 1/2 Tbsp. melted butter	1/2 tsp. cardamom powder
1 c. sugar	2 drops food coloring (yellow)
12 cashew nuts	1 3/4 c. water

Saute cream of wheat in 1 tablespoon of melted butter and

7.27 KESARI -CREAM OF WHEAT

1 c. cream of wheat	12 raisins
1 1/2 Tbsp. melted butter	1/2 tsp. cardamom powder
1 c. sugar	2 drops food coloring (yellow)
12 cashew nuts	1 3/4 c. water

Saute cream of wheat in 1 tablespoon of melted butter and broken cashews and raisins in 1/2 tablespoon of melted butter separately until they all turn into golden color. In a saucepan heat 2 cups of water. Add 2 drops of food coloring in it. When water boils, add the cream of wheat. After cream of wheat is cooked, add sugar. Keep on stirring so that it will not stick to pan. Add 4 tablespoons of melted butter, raisins and cashews. Cream of wheat will be cooked in 5 minutes. Add the cardamom as soon as all the water evaporates. Remove from heat and serve hot. Serves 8-10 people.

7.28 LADDU -CREAM OF WHEAT

1 c. cream of wheat	1/4 tsp. cardamom powder
1 c. sugar	1/2 c. melted butter
1/4 c. water	11 cashew nuts
11 raisins	

Dry fry cream of wheat until golden color in a fry pan. Mix sugar with 1/4 cup of water in a saucepan and make a syrup by heating it over medium heat for 4 minutes. After 4 minutes, remove syrup from heat. Add fried cream of wheat, cardamom, melted butter, cashews and raisins into the syrup and make balls about the size of a lime. Makes 6.

7.29 MYSORE PAGU

2 c. butter	2 1/2 c. sugar
1 c. gram flour	

Add 1/2 cup of ghee with gram flour and make into a smooth paste. Mix sugar and water. prepare sugar syrup to string consistency and cook over low heat. Add the gram flour gradually and mix. Pout melted butter over gram flour-sugar mixture a little at a time. Keep stirring and continue until all the butter is added and incorporated. This takes about 15-20 minutes. Spread the mixture on a greased pan. When cool cut into pieces. Make 25 pieces.

7.30 PAYASAM (KHEER)

1 c. rice	1 c. condensed milk
1/2 c. sugar	4 c. whole milk
1 Tbsp. raisins	1 tsp. ground cardomon seeds
1 Tbsp. cashew pieces	

Add rice to milk and boil over low fire, stirring constantly, until rice is cooked (20 min.). Add condensed milk, sugar, raisins and nuts, and stir until sugar is dissolved and the mixture thickens. Add cardamon and serve hot. Note: Optionally add a few strands of saffron to the mixture. Also, almonds or pistachios can be substituted for the cashews.

7.31 PAYASAM -VERMICELLI

1 c. vermicelli (or capellini pasta)	4 c. whole milk
3/4 c. sugar	1 Tbsp. unsalted butter
1/2 c. raisins	1/2 c. broken raw cashews
1/4 tsp. ground cardomon	2 c. water

Break vermicelli (or angel-hair/capellini pasta) into 3/4 inch pieces and fry in a large saucepan with 1 tsp. butter until vermicelli turns golden brown. Set aside.

In a heavy 3 quart saucepan, heat milk with 2 cups of water (leave out the water for a thicker payasam) on medium. As soon as the milk boils, reduce heat and add fried vermicelli. Continue to simmer for 6 minutes, or until vermicelli is well cooked. Add sugar and simmer for 15 minutes, stirring frequently to prevent sticking. When done the consistency should be creamy.

While the milk is simmering, in the frying pan used for the vermicelli, fry the raisins and cashews in the remaining 2 tsp. butter until slightly browned. Add to the milk, stir and remove from heat.

Cover and chill. Serve warm.

7.32 PAYASAM - CARROT

1 c. grated carrots	20 cashews
8 c. milk	1 tsp. butter
1 1/2 c. sugar	2 drops rose-essence
1 small can evaporated milk	1/2 tsp. powdered cardamom
20 raisins	1 pinch cooking camphor

In a saucepan mix shredded carrots with 6 c. milk and boil on a low heat until milk reduces to 3 cups. Then add 2 more cups of milk, 1 1/2 c. sugar, and small can of evaporated milk. Keep stirring. Saute cashews and raisins in a tsp. butter and add. Cook for 15 minutes., add rose essence, cardamom and camphor just before removing from heat. Serve hot or cold.

7.33 PAYASAM - TAPIOCA

1 c. vermicelli	1 c. tapioca
2 Tbsp. melted butter	2 c. sugar
20 raisins	2 c. milk

20 cashews	2 drops rose essence
4 c. water	1 tsp. minced cardamom

Saute vermicelli in 1 Tbsp. butter lightly over low heat for 3 min., and keep aside. Saute raisins, cashews in 1 Tbsp. butter until golden brown. Boil 4 c. water in a medium size saucepan. Add 1 c. tapioca and keep stirring. As soon as tapioca becomes soft, add sauteed vermicelli. Let whole mixture boil. When vermicelli becomes soft, add sugar, raisins and cashews. After 5 minutes. remove from stove and add 2 cups of boiled milk, rose essence and cardamom. Serve hot. 10 servings.

7.34 AVAL (BEATEN RICE) PAYASAM

1 c. aval	10 cashew nuts
6 tsp. ghee	cooking camphor (size of 2
10 cardamom (powdered)	mustard seeds)

Fry the beaten rice in 4 teaspoons of ghee (melted butter) over low heat until the beaten rice becomes light golden brown color (about 2 minutes). Then add 1 1/2 cups of water and cook for 5 minutes until the beaten rice becomes soft. Then add 1 1/2 cups of milk and cook for 2 minutes. Add sugar; mix well and let it cook for 5 minutes over medium heat. Fry cashew nuts in 2 teaspoons of ghee until golden brown and add it to Payasam, along with powdered cardamom. A small piece of cooking camphor may be dissolved in 1 teaspoon of milk and added to Payasam.

7.35 CUSTARD PUDDING

6 eggs	1/4 tsp. nutmeg (powdered)
2 slices bread	1 tsp. vanilla
1 can evaporated milk	1/4 c. chopped cashews
1 c. homogenized milk	1/4 c. raisins
1 1/2 c. brown sugar	1 tsp. lemon rind
1/4 tsp. cardamom (powdered)	

Beat egg whites separately until stiff and keep them. In a mixing bowl, soak bread in milk. Add egg yolk, sugar and beat well. Mix in spices, vanilla, cashews, raisins, lemon rind and beaten egg whites. Pour into a glass pan and bake for 50 minutes or until done in 350 degree oven. 6-8 servings. Can be eaten hot or chilled.

7.36 RASAGULLA

1 1/2 gal. milk	8 to 10 c. water
juice from 1 whole lemon	15 or 30 seeds whole cardamom
2 to 2 1/2 c. sugar	1 or 2 tsp. rose water (optional)

Heat milk. When it is boiling vigorously, add the lemon juice slowly. Milk will start turning into cheese and water. When the water looks clear, remove from heat. Drain the water thoroughly and put the cheese in a cheesecloth or white cloth and make a small bundle and tie it with a rubber band and put it in the refrigerator. or about 2 hours. Now prepare the sugar syrup by adding sugar and water in a medium size pan. Keep it aside. After 2 hours take the cheese out, unwrap it and put it in a pan and knead it thoroughly until it becomes very smooth. Before starting to make

the balls, put the sugar water on medium heat and let it boil for 10-15 minutes. Now make 15 or 20 cheese balls with 1 or 2 cardamom seeds in the center of each ball. Before dropping the balls in the sugar water, make sure it is boiling. After dropping the balls in the sugar water, boil for 20 to 30 minutes. Take it from the heat. Add the rose water in the sugar syrup before serving.

7.37 CHUM CHUM

Ingredients and preparation are same as rasagulla, except, spoon before making sugar syrup, put 1/4 cup of sugar in a dry pan and fry it in low heat. It will start melting slowly, stir constantly until it becomes thick brown syrup. Remove from heat and add water and the rest of the sugar and heat it again. Before dropping the balls let it boil for 20 to 30 minutes vigorously. Continue as for rasagulla.

7.38 RASAMALAI

32 oz. Ricotta cheese	1 tsp. rosewater
1 c. sugar	6 cardamom
16 oz. half and half	1 Tbsp. pistachio (powdered)
1/2 c. sugar	1 pinch saffron

Mix Ricotta cheese and sugar in a rectangular baking tray. Mash it into a paste with a fork and bake in a preheated oven at 350 degrees for 35 minutes. When done, it will set like thick pudding. Cool and cut into 1 inch squares and set aside. Do not take the squares out of the dish. Boil the half and half and sugar for 5 minutes. When cooked, pour over the rasamalai pieces. Sprinkle with rosewater, cardamom, pistachio and saffron. Refrigerate. Serve chilled.

7.39 SUHIAN (A snack in the shape of a small ball with a sugared coconut filling)

1/2 c. urad dhal	1 coconut
1/2 c. water	2 c. brown sugar
1/8 tsp. salt	1/4 tsp. cardamom powder
2 Tbsp. rice flour	2 c. oil

Soak urad dhal in water for 2 hours and grind it in the blender with 1/2 cup of water, salt and 2 tablespoons of rice flour, to a fine paste. This batter is used as a coating for the suhian. Instead of the batter, you can also use a batter made of 1 cup of all purpose flour mixed with 1 cup of water. Grate coconut and on a low heat mix grated coconut with sugar and cardamom in a skillet. Keep stirring this mixture for 10 minutes. Remove from heat and let it cool outside. Make this paste into small balls about the size of a lime. Heat oil in a fry pan over medium heat. Dip each ball in the urad dhal batter and drop it in the oil. Then deep fry 4 or 5 balls at a time and when golden brown, take them out with a slotted spoon. Makes into 20-25 suhians depending on size.

7.40 BREAD PUDDING

Custard:

3 eggs large	1 1/4 c. sugar
1 1/2 tsp. vanilla	1 1/2 tsp. nutmeg
1 1/2 tsp. cinnamon	1/4 c. butter melted
2 c. milk	1/2 c. raisins (or dates)
1/2 c. pecans chopped (or other nuts)	

Beat eggs. Add sugar, then seasonings, butter and milk. Mix well.

Bread:

5 cups very stale French bread

Sprinkle bread with raisins and nuts. Pour on the custard mix. Let sit at least 45 min (or a day). Place in a baking dish. Place in oven preheated to 325 F. Reduce oven temperature to 275 F and bake for 40 min. Raise temp to 400 F and bake 15-20 min until brown.

Lemon sauce:

1 lemon halved	1/2 c. water
1/4 c. sugar	2 tsp. cornstarch (dissolved in 1/4 c. water)
1 tsp. vanilla	

Heat or microwave all ingredients, till it thickens (1 min in microwave)

Chantilly cream (yummy on fruit cake etc, too):

1 c. whipping cream	1 tsp. vanilla
1 tsp. brandy	1 tsp. Grand Marnier or triple-sec
3 Tbsp. sour cream	

Beat cream until thick, add flavorings and sugar. Just as peaks form add the sour-cream.

To Serve, put about 2 teaspoons lemon-sauce in a serving dish, then add a square of pudding and top with Chantilly cream.

7.41 POACHED FRUIT

5 lb. fruit (apples, pears, etc)	1 1/2 c. sugar
1 tsp. vanilla essence	1 lemon

Peel fruit (also core apples). Bring 1 quart water to a gentle simmer, dissolving sugar in it. Grate the rind off the lemon, and add to sugar solution. In addition cut the lemon and add the juice of lemon along with vanilla to the sugar solution. Add the fruit and letter simmer until the fruit are soft (about 15 minutes). If more liquid is needed to cover fruit add water and sugar in the ratio 8:3.

Serve with ice-cream or chantilly-cream.

8 SAVOURIES: NON-SWEET SNACKS

8.1 BAJJI

1 c. gram flour	1/2 tsp. salt
1 Tbsp. rice flour	1/16 tsp. baking soda
1/2 tsp. red pepper (powder)	1 c. water
1/8 tsp. asafoetida (powder)	

8.5 KAARABOONTHI

1 c. rice flour	1 c. water
1 tsp. rice flour	oil for frying
1/2 tsp. salt	1/4 tsp. red pepper (roasted)

Utensils: Bottom part of murukku shooter, with plate with medium sized holes.

Combine flours, salt and water to make batter. Heat oil over medium heat. Attach plate with medium holes to shooter. Holding bottom of shooter over oil, pour the batter into oil, moving the shooter at the same time so that batter lands in different places. When batter touches oil it will turn into round small pebbles. Turn them over with slotted spoon. Drain oil and mix red pepper powder.

P.S. Karaboonthi mixed with yogurt makes a good side dish.

8.6 KARASEVU

2 Tbsp. oil	1/4 tsp. red chili (powdered)
1 c. gram flour	3/4 tsp. salt
2 Tbsp. rice flour	1/2 c. water
1/4 tsp. black pepper (powdered)	2 c. oil
1/4 tsp. garlic powder	

Utensils: Murukku shooter with plate with medium sized holes (murukku plate).

Heat 2 Tbs. oil and mix with the next 7 ingredients to make dough. Fill murukku shooter (with plate with medium-sized holes) with dough. Heat oil. Holding shooter above oil, press to make long straight macaroni like sticks of about 5 inches, or a long as will fit in pan. Make sure sticks do not fall on top of each other. Deep fry until golden brown. Remove with slotted spoon and drain oil.

8.7 MIXTURE

2 Tbsp. chana dhal	2 c. karaboonthi
1/2 c. oil	2 c. omapodi
3 Tbsp. curry leaves (broken)	1/2 c. peanuts

Soak chana dhal in water for 2 hours and deep fry in oil. When it turns golden, remove from oil. In the same oil, fry curry leaves for 1 minute. Make karaboonthi and omapodi following the directions in the previous two recipes. Mix omapodi, karaboonthi, peanuts, fried curry leaves, and fried chana dhal. Store in airtight containers.

8.8 MURUKKU

1 tsp. salt	1 c. urad dhal flour
1 c. water	2 tsp. butter
3 c. rice flour	1 tsp. sesame oil

oil for frying

Utensils: Murukku shooter with murukku plate

Mix salt in a cup of water until it dissolves. Mix salt water, flour, sesame seeds and butter to make dough as for pooris or bread. Heat oil. Fit medium sized hole plate to murukku shooter. Fill shooter with dough and press to make string-like circular

forms (about 3 inches in diameter) into the oil. 3 or 4 can be made at a time. Turn them over for both sides to be fried evenly. Remove from oil when they turn into light brown color. Looks like round noodles. Keep them in airtight containers so they will be crispy.

Note: Murukku shooters can be obtained from India or from the Indian stores. It comes with many adjustable plates. Use the plate with medium sized holes for murukku.

8.9 OMAPODI

1/2 tsp. salt	1 c. gram flour
1/2 c. water	oil for deep frying

Utensil needed: Murukku shooter with the plate which has many tiny holes.

Dissolve salt in water and mix it with the flour to make the dough. Heat the oil in a fry pan. Attach the plate with the tiny holes on the murukku shooter. Fill the shooter with the dough and squeeze the dough to make 1 big circle of string like noodles, into the oil. When one side turns into a golden color, turn it over for the other side to be fried equally well. When the big noodle ring turns into golden color, remove from oil. Make only one big circle at a time. Can make about 4 big rings. Break the circle into tiny pieces. Looks like egg noodles. They will be crisp if kept in air tight container.

8.10 PAKKODA

1 c. gram flour	1/2 x 1/2 inch ginger
1/2 c. rice flour	2 hot green peppers
1/4 c. water	1/2 c. onions (chopped)
3/4 tsp. salt	1 cashews
3 Tbsp. butter (melted)	2 c. oil

Combine first 5 ingredients and mix it with chopped pieces of coriander cashew, pepper, ginger and onion. Pakkodas do not have a definite shape. Pinch off dough in small quantities with a teaspoon and drop them into the skillet of hot oil over medium heat. Deep fry 5-7 pieces at a time until golden brown. Remove pieces with a slotted spoon and drain oil.

8.11 RIBBON PAKKODA

2 c. gram flour	1/4 tsp. fennel seeds (powder)
1 c. rice flour	1/4 tsp. curry leaves (powder)
1 tsp. red pepper powder	1 Tbsp. shortening
2 tsp. salt	oil for deep frying

Combine the first 7 ingredients and make a dough by adding as much water as needed to make it into a firm dough (like bread or poori dough). Over medium heat, heat oil in an iron skillet. Fit the plate which has the design with two square holes on to the murukku shooter. Fill the shooter with the dough and press it (over oil) to make the dough into small ribbon like pieces. When the pieces turn into golden color remove them from oil. Drain oil and keep them in airtight containers.

8.12 SAMOSAS -VEGETABLE

Pastry:

1/2 c. all purpose flour	1/4 tsp. salt
1 Tbsp. butter	2 Tbsp. water

Stuffing:

3 Tbsp. oil (for sauteing)	1/2 c. peas and carrots (frozen)
1/2 tsp. mustard seeds	1/2 tsp. curry powder
1 onion	salt to taste
2 hot green peppers	1/2 c. potatoes (boiled and cubed)
1/2 x 1/2 inch fresh ginger	1 tsp. coriander leaves
1/8 tsp. turmeric powder	2 tsp. lemon juice
	oil as needed (for deep frying)

Combine first 4 ingredients. Knead it well to make a smooth soft dough. Heat 3 tablespoons of oil and saute mustard seeds. When they crack, add onion. When they become golden brown, add pepper, ginger and turmeric. After 2 minutes add carrots and peas, curry powder and salt. When vegetables become soft, add potatoes, coriander leaves and lemon juice. Mix well and remove from heat. Divide the dough into 6 equal balls. With a rolling pin, roll out each ball into a thin round circle as far as it could spread. Cut each circle into two equal pieces. Place a spoonful of vegetable filling into the middle of the semicircle pastry. Fold the sides over each other to form a triangular shape and press the openings to be sealed. Deep fry until golden brown.

8.13 SAMOSAS -MEAT

Stuffing:

1 lb. ground beef	2 tsp. red pepper powder
1 c. cabbage(chopped)	1 tsp. ginger(powder)
1 tsp. coriander powder	3 cloves garlic (minced)
2 tsp. cumin powder	salt to taste
Oil as needed for deep frying.	

Shell or Pastry: 1 pkg. egg roll skin or wrapper (large size) egg-roll skins are sold in all grocery stores and are used as pastries to make Chinese egg-rolls)

Brown the meat in a saucepan and then add the rest of the ingredients mentioned in the items for stuffing. Simmer the mixture for about 20 minutes or until well done. Cut the large egg-roll into 4 equal pieces. Take i strip and make a triangular pocket by folding diagonally. Stuff them with the meat filling and seal them carefully by moistening the edges with water. Deep fry in oil until golden brown.

Note: instead of using ready made egg-roll skins you may make your own pastry as mentioned in "vegetable samosass"

8.14 MASALA VADAI

1/2 c. chana dhal	1/4 tsp. asafoetida
1/2 c. urad dhal	2 onions (medium)
1/2 c. yellow split peas	2 hot green chilies
1 tsp. salt	2 c. oil (for deep frying)

Mix the dhals and peas together and soak it in water for 3 hours. Wash and grind it with salt and asafoetida adding as little water as possible into a coarse paste. Cut onion and pepper into tiny pieces and mix them with the dough. Heat oil in a fry pan, pinch off enough dough to make a ball about the size of a lime and flatten the ball into a round patty and deep fry in oil 3 or 4 at a time. Turn over so that both sides are deep fried evenly. When golden brown remove from oil. Makes about 15. Note: The proportions of chana dhal, split peas and urad dhal can be altered according to one's taste. Also chana dhal alone can be used in place of split peas and urad dhal.

8.15 CABBAGE VADAI

1/ c. rice	1 onion (big) chopped
1/2 c. chana dhal	1 c. cabbage (shredded)
1/2 c. urad dhal	salt to taste
1/2 c. split moong dhal	1/8 tsp. asafoetida
5 green chillies (minced)	oil for deep frying

Soak rice and dhals separately for 5 hours. Drain out the water and grind them together in a blender, adding a little water as possible to make it into a fine dough. Mix chillies, onion, cabbage, salt and asafoetida with the dough. Take a tablespoon of dough, form into a round ball and deep fry in oil 4 or 5 at a time. When golden brown take them out with a slotted spoon. Drain oil and serve hot with a chutney. Note: Shredded spinach can be substituted for the cabbage.

8.16 AVAL VADAI (Snack)

1 c. beaten rice	4 green chillies, chopped
3 medium size potatoes	1/4 c. chopped coriander leaves
1/4 c. roasted peanuts	1 1/2 tsp. chili powder
3 Tbsp. gram flour	salt to taste
2 Tbsp. grated coconut	oil for frying Poori

Wash beaten rice and drain. Boil, peel and mash the potatoes. Remove skin from peanuts and powder them coarsely. Mix green chillies, mashed potatoes, gram flour, coconut, powdered peanuts and coriander leaves. Lastly, add the beaten rice and mix well. Take a little amount of the mixture and flatten it into a round patty and deep fry in oil till golden brown. Serve with tomato sauce or chutney.

9 SPICE MIXTURES

9.1 DOSAI PODI OR MILAGU PODI

1 c. urad dhal	1/4 inch square asafoetida
1 c. chana dhal	2 tsp. salt
10-15 red chillies	8-10 tsp. oil
4 Tbsp. sesame seeds	

In a fry pan saute urad dhal, chana dhal, red chillies and asafoetida, each item in 2 teaspoons of oil separately until golden brown. Powder them together in a blender. Dry fry sesame seeds and blend it into a coarse powder. Mix both powders well, adding the needed salt. Dosai Podi goes well with dosai and idli (breakfast items).

9.2 COCONUT POWDER

2 c. coconut flakes	1/4 inch square asafoetida
4 to 6 red chillies	2 1/2 tsp. oil
1 tsp. mustard seeds	1 tsp. salt
4 tsp. urad dhal	

In a fry pan saute coconut flakes, red chillies, mustard seeds, urad dhal and asafoetida separately, each in 1/2 teaspoon of oil, until they turn into golden brown. Dry blend Coconut flakes and red chillies first in a blender. Add fried mustard seeds, urad dhal and asafoetida and continue to dry-blend the whole mixture into a coarse powder. Add the needed salt. Mix well and bottle. Good to eat with Idli or Dosai.

9.3 PARUPPU POWDER OR DHAL POWDER

1 c. chana dhal	4 red chillies
1 c. urad dhal	4 tsp. oil
1 c. toor dhal	2 tsp. salt
1 c. sesame seeds	

In a fry pan saute chana dhal, urad dhal and toor dhal separately in a teaspoon of oil for each item until golden brown. Dry blend them together, adding 2 teaspoons of salt. Saute sesame seeds in a teaspoon of oil and chillies in a drop of oil and dry blend them together into a coarse powder. Mix this with the above powdered dhal mixture. This paruppu powder may be mixed with plain rice. Add oil or ghee to the rice while mixing.

9.4 GARAM MASALA

1 Tbsp. coriander seeds	2 tsp. cumin
1 tsp. black pepper	1/2 tsp cloves
1 tsp. cinnamon	1 tsp. cardomon seeds

Optionally dry-roast the above ingredients for a few minutes and grind together.

10 NORTH INDIAN RECIPES**10.1 CHICKEN JAIPURI**

1 large onion chopped	5 cloves garlic
1 tsp. chili powder (or 2 dry chillies)	1 in. ginger chopped
1/2 tsp. turmeric (optional)	1 tsp. cumin
1/2 tsp. fennel	1 tsp salt
1 lb. chicken	2 small tomatoes chopped
1/2 c. cream	3 Tbsp. oil
1/2 c. chopped coriander leaves	1/2 tsp. garam masala
1 tsp. salt	

Grind the first eight ingredients (onion, ginger, garlic, fennel, chili, turmeric, cumin, salt) to a thick masala-paste in a blender of processor. Cut the chicken into small bite-size pieces and soak in half the masala-paste for a half-hour.

Heat oil in a pan over medium-heat, add garam-masala and stir twice, add remaining half of the masala-mix and fry for a few minutes. Add the soaked chicken pieces and toss for a few minutes until the chicken changes color. Cover, and simmer for 20 minutes until the chicken is done.

Add chopped tomatoes and cook for 5 minutes. Add chopped coriander, cream, bring to a boil and serve.

10.2 GREEN CHICKEN

2 lb. chicken, cut	3 Tbsp. oil
2 onions chopped fine	3 tomatoes chopped
1 bunch fresh cilantro	1 tsp. chili powder
5 cloves	1 stick cinnamon
1 Tbsp. ginger chopped	1 Tbsp. cumin (powdered)
1 Tbsp. garam masala (optional)	1/4 tsp. turmeric powder (optional)
1/2 cup water	salt to taste

Heat oil, add cinnamon, cloves and toss for a minute. Add onion and ginger and fry until onion becomes soft and translucent (5 minutes). Add cinnamon, and optional garam-masala and turmeric and toss for a minute.

Make a paste of cilantro and chili powder in a blender with water. Add the paste to the onion-mixture and cook for 3 or 4 minutes. Add chopped tomatoes and cook until tomatoes become soft (5 minutes). Add chicken, salt to taste and 1/2 a cup of water to mixture. Bring to a boil, cover and simmer until done (about 40 minutes). Serve hot.

11 MISCELLANY

11.1 PUMPKIN SOUP IN A PUMPKIN

7 lb. Pumpkin (whole)	2 c. bread-crumbs
10 Tbsp. butter	2 c. onion (chopped)
2 1/2 quarts stock (chicken or veg.)	1 c. swiss cheese (grated)
1/2 c. parsley chopped	1 c. heavy cream
1 tsp. sage	

Cut a neat hole on the top of the pumpkin and scoop out the seeds and string bits. Rub 2 Tbsp. of softened butter all around the inside of the pumpkin.

Dry the bread-crumbs in a pre-heated oven at 350 F for 15 minutes. Meanwhile fry the onion in 8 Tbsp. butter over a gentle flame until soft and translucent for about 15 minutes. Add the bread-crumbs and toss for a further 3 minutes. Put the onion-crumbs mixture and the grated swiss-cheese into the pumpkin.

Bring the stock to a simmer and pour into the pumpkin until it come upto two inches of the top. Season with salt, pepper and sage.

Place pumpkin on a slightly buttered pizza-stone or plate or bowl and place in a pre-heated 400 F oven. The soup should be ready in 1 1/2 hours. Do not overcook, esle

the pumpkin may collapse. Add the cream and parsley, season with salt and pepper if needed and serve scraping off pieces off the side of the pumpkin.

As a variant, or if the pumpkin or squash is not big enough to hold 3 quarts of soup, you can make the soup in a pot. Just peel the pumpkin, seed it, and dice. As before, bring the stock-bread-cheese mixture to a simmer in a pot, add the diced pumpkin/squash, and simmer on the stovetop (or over at 400 F) for 1 1/2 hours. Add cream, chopped parsley and serve.

11.2 MOUSAKKA

3 lb. eggplant	
2 lb. minced lamb (or some other meat)	2 c. tomatoes
3 onions chopped	1 c. parsley chopped
1 c. white wine or vermouth	2 Tbsp oil
2 Tbsp. dry herbs	3 Tbsp butter
1/4 c. flour	2 c. milk (hot)
1 c. grated cheese (swiss, mozzarella)	1/2 tsp nutmeg

Cut the eggplant into slices 1/4 inch thick. Salt both sides and let sit for 20 minutes. Dry with paper towels, lightly coat with oil, and bake covered in a oven pre-heated to 400F for 20 minutes. The eggplant should be soft, but should hold its shape. Mince the meat if not already. Saute the onions in 3 Tbsp. oil until soft, add the minced meat and fry for 5 minutes. Add tomatoes, wine, herbs and cook over medium flame until the mixture thickens enough to coat a spoon. Taste analytically and season with salt and pepper. Oil or butter a baking dish, start with a layer of the eggplant, then half the meat mixture, an eggplant layer, the rest of the meat, and a final layer of the eggplant. Make a white sauce by heating the 3 Tbsp butter, and mixing in the 1/4 cup flour without coloring. Remove from heat and whisk in 2 cups of hot milk. Bring to a simmer, add 1/2 cup of the grated cheese, season with nutmeg, salt and pepper and bring to a simmer. Add white sauce to the top of the eggplant-meat layers and shake to white sauce to settle into the gaps. Sprinkle the rest of the 1/2 cup grated cheese. Bake for 40 minutes in an oven pre-heated to 350 degrees F. Serve hot. Make 6-8 servings. Tastes good cold too.

11.3 RATATOUILLE

1 lb. eggplant	1 lb. zucchini
3 c. tomatoes	3 onions chopped
3 bell peppers	2 Tbsp. dry herbs
5 Tbsp oil	

Cut the eggplant into slices 1/4 inch thick. Salt both sides and let sit for 20 minutes. Cut the ends off zucchini, and cut into 1 inch cylinders. Cut each cylinder vertically into 3 or 4 slices. Salt both sides and let sit for 20 minutes. Dry both eggplant and zucchini with paper towels, lightly coat with oil. Bake the eggplant covered in a oven pre-heated to 400F for 20 minutes (the eggplant should be soft, but should hold its shape). Heat 2 Tbsp oil and fry zucchini slices until slightly browned over high flame.

Saute the onions in 3 Tbsp. oil until soft. Seed and slice bell peppers, and add to the onions and toss over high flame for 3 minutes. Add tomatoes cook over medium

flame until tomatoes become soft and have rendered their juices (15 minutes). Add herbs, and season with salt and pepper. Taste analytically and correct seasoning.

In a large pot or casserole layer the onion mixture, eggplant and zucchini starting and finishing with the onion mixture. Cover and bring to a simmer, either on the stovetop or in a 400 F oven. Serve hot.

11.4 RABO DE TORO (OXTAIL STEW)

4 lb oxtail	1 onion large
5 cloves garlic (sliced thin)	1 carrot, thinly sliced
2 bell peppers (seeded, sliced)	2 tomatoes (optional)
1/2 tsp. thyme	1/2 tsp. oregano
1/2 tsp rosemary	1/2 tsp. paprika
8 peppercorns	2 bay leaves
3 saffron strands (optional)	2 Tbsp. olive oil
2 cups sherry or wine	2 cups meat stock
1/2 tsp. salt	

Heat olive oil, season oxtails with salt and perrer, brown and remove with slotted spoon. Brown onion, garlic in the remaining oil. Return oxtails. Add vegetables, herbs and spices and toss for a minute. Add the sherry and enough stock to just cover the meat. Bring to a boil, reduce to a simmer and cook covered for 3-5 hours or until the meat is falling off the bones. (Optionally pressure-cook for a hour). Reduce the sauce if necessary.

11.5 WATERMELON PUNCH

1 watermelon (optionally seedless)	16 oz. rum
20 oz. triple-sec (optionally substitute 8 oz. with cherry liquer)	8 oz lemon juice

Cut off top third of watermelon. Scoop red portion of pulp, from both halves, and extract juice by pressing through a sieve. For each 100 oz. (12 c) of juice add 16 oz. of rum, 20 oz. triple-sec and 8 oz. lemon juice. Cool.

Make a stand from the hollow top third by slicing off the top 1/6. Serve cooled punch in the hollowed-out watermelon on stand.

11.6 MANGO FRUIT PUNCH

2 lb. canned mango pulp	1 qt. orange sherbet
46 oz. Hawaiian Punch	1 qt. 7-Up
6 oz. frozen lemon concentrate	1 qt. Canada-Dry ginger ale
1 can crushed pineapple or fruit-cocktail	

Combine above in a punch-bowl. If you'd like it to be thick like a malt, add vanilla ice-cream. Serves 20-30.

11.7 LIME SHERBET PUNCH

1 qt. lime sherbet	1 can crushed pineapple
1 qt. Canada Dry ginger-ale	1 qt. 7-Up
	orange-slices for decoration

Mix first 4 ingredients with ice-cubes in a punch-bowl. Decorate with orange slices.

11.8 GREEN SALAD

2 heads romain lettuce	1 ripe mango (peeled, pitted)
1 red onion sliced	2 ripe avacados sliced thinly
2 Tbsp. fresh lime juice	1 Tbsp. fresh orange juice
3 Tbsp. extra-virgin olive oil	1 tsp. freshly grated ginger
1/4 tsp. orange zest	1/4 tsp lemon zest
1/2 cup walnut pieces	salt, pepper to taste

Rinse and break romaine into small pieces. Cut mango into 1 inch chunks.

Make dressing by blending lime juice, orange juice, and olive oil well in a blender. Remove to bowl, and whisk in zest salt and pepper. Refrigerate.

Put lettuce, mango, and red onion in bowl, add dressing and combine. Top with avocado slices and walnuts.

11.9 THREE BEAN CASSOULET

6 shallots, peeled, quartered	5 cloves garlic minced
4 carrots cut into 1/2 in chunks	2 turnips, in 1/2 in chunks
2 parsnips, sliced	2 Tbsp. olive oil
2 15 oz. cans black beans	2 15 oz cans white kidney beans
2 15 oz cans garbanzo beans	2 15 oz cans crushed tomatoes
3 cups vegetable stock	2 bay leaves
2 tsp. thyme	1 tsp. tarragon
3 cups garlic flavored croutons	3/4 cup parsley
salt and pepper to taste	

In a large pot, saute shallots, garlic and carrots in 2 Tbsp. olive oil over medium heat until soft (10 minutes). Lower heat and add turnips, parsnips, beans, tomatoes, stock, bay-leaf, thyme, tarragon and salt pepper. Cover and simmer for 1 1/2 hours. Add two cups croutons, simmer for 5 minutes more. Put into individual bowls, sprinkle remaining croutons and parsley and serve.

11.10 POACHED APRICOTS WITH LEMON SORBET

Lemon Sorbet	
2 quarts water	2 1/2 cups sugar
1 tsp vanilla	1 lemon
12 ripe apricots, peeled	fresh mint leaves

Bring water to simmer and dissolve sugar in it. Add vanilla, apricots, zest of lemon and its juice and simmer until apricots are soft (20 minutes). Cool to room temperature.

Put three small scoops in each cup, top with two apricots and mint leaves and serve.

SWEET POTATOES - Porto Rico and Nancy Hall varieties -with bronze to rosy skins- are soft and sweet when cooked. Yellow to light-brown ones of the Jersey, types are firmer and less moist.

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